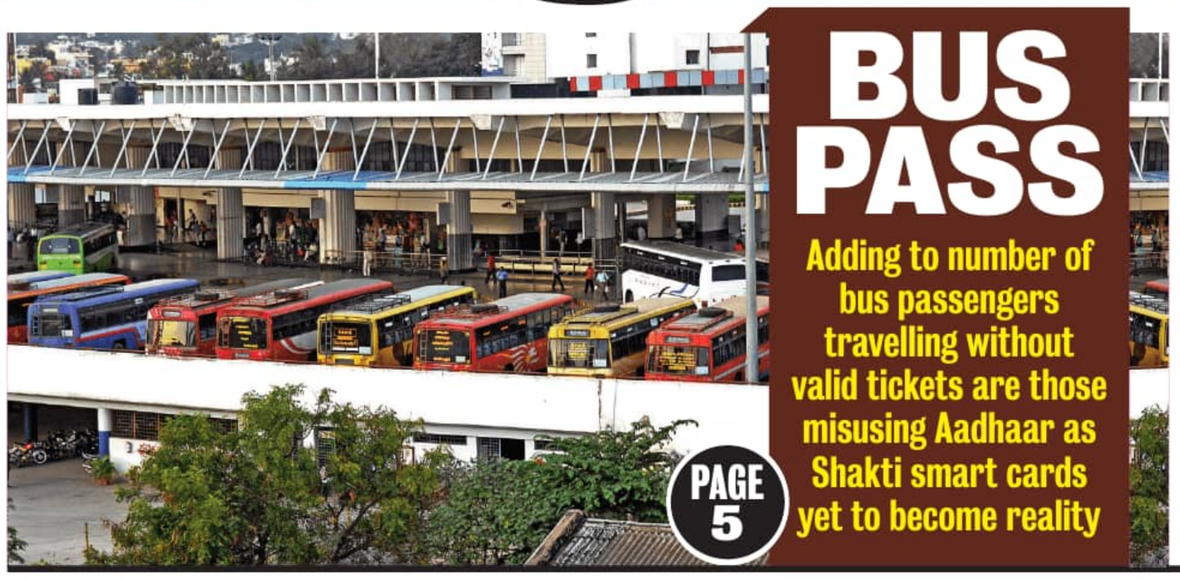
BENGALURU, SUNDAY, JUNE 28, 2026 www.Bangaloremirror.com 16 Pages PRICE ₹4

Bangalore Mirror ON SUNDAY

TEMP Max 32 | Min 20 | Humidity 80% Generally cloudy sky with Light rain Sensex 77,100 | Nifty 24,056 | Gold 1,43,950 | Silver 2,40,000 | Dollar 94.39 | Euro 107.26 | GBP 124.49



BUS PASS

Adding to number of bus passengers travelling without valid tickets are those misusing Aadhaar as Shakti smart cards yet to become reality

PAGE 5

BRED WINNERS

City's love for pedigree dogs remains constant as experts urge pet owners to do their research rather than taking up more than they can handle

PAGE 7

Cases of untimely deaths due to burnout or suicide put focus on pressures police officials have to deal with on day to day basis even as existing programmes for mental health fall short of providing them with sustained support

HEAVY LIES THE HEAD...

Letter points to shortage of qualified professional resources for psychological support

Sanjana CS
c-sanjana.s@timesofindia.com

TWEETS @BangaloreMIRROR

File photo of police personnel on duty during IPL season in the city

Police constable Renuka Raj was deployed for Muharram security duty near Arkera village in Devadurga taluk, when he experienced severe chest pain. He was rushed to a primary health centre, but could not be saved. The constable passed away due to a heart attack at the age of 37. HC Thippanna (34), a head constable attached to the Hulimavu Traffic Police Station in Bengaluru, died by suicide on railway tracks in March this year. He reportedly left behind a suicide note alleging severe harassment and threats from his wife and father-in-law.

In a high-stress job, police officials in the city and state remain vulnerable to several health issues and mental health pressures.

Despite existing counselling sessions and mental health awareness programmes within the Police Department, the Karnataka State Police Complaint Authority officials admit that the current support system is not effective enough to address the growing psychological burden on police personnel. Citing rising cases of family conflicts, domestic harassment, stress-related heart attacks, and suicides among cops, the

CONTINUED ON PAGE 12 »

"Appointing psychiatrists at the district level would be a significant step, but just as physical health check-ups are mandatory, mental health assessments should also be made compulsory. Monthly evaluations for all police personnel by qualified psychiatrists can help identify stress, anxiety, and other psychological issues at an early stage, enabling timely treatment and support

— Dr. Dinesh Rao, forensic pathologist

Birds of a feather

Hit by multiple delays, vulture breeding centre that is now stuck at Centre's approval stage, may never see light of day

Garima Prasher
garima.prasher@timesofindia.com

TWEETS @BangaloreMIRROR

The proposed Vulture Conservation Breeding Centre at Bannerghatta Biological Park (BBP) has been delayed indefinitely and now faces the risk of never becoming operational.

According to the Karnataka Forest Department (KFD), the project is awaiting approval from the Ministry of Environment, Forest and Climate Change (MoEF&CC). Despite multiple follow-ups, the state government has received no response from the central ministry.

"We may have to repurpose the facility for other uses. This was a centrally funded project, and all requirements from our side have been fulfilled. We have also obtained approval from the Central Zoo Authority (CZA). The proposal is now pending with the MoEF&CC, but there has been a complete lack of communication from the ministry," said Kumar Pushkar, Principal Chief Conservator of Forests and Chief Wildlife Warden of Karnataka.

The Centre, according to KFD, has been ready since 2022. The facility includes two aviaries designed to house captive vultures for breeding purposes. Under the project plan, eggs laid by the birds

CONTINUED ON PAGE 12 »

THINGS TO DO

01 Queer voices

A Pride Month poetry gathering invites audiences to hear queer voices, share stories and celebrate identity through intimate readings in a welcoming community space. **Where: Urban Solace, Ulsoor; When: June 30, 7.30 pm**

02 Fintech future

Industry leaders will explore how embedded finance, AI and digital ecosystems are transforming payments, lending and personalised financial experiences across everyday services and businesses. **Where: Taj Hotel, MG Road; When: July 10**

03 Green living

An interactive exhibition explores the hidden stories behind everyday materials, encouraging visitors to rethink sustainability, consumption and environmentally conscious choices through engaging displays and conversations. **Where: Science Gallery Bengaluru, Bellary Road; When: July 2 to August 9, 10.30 am**

04 Dance recital

Young Bharatanatyam dancers will showcase classical repertoire, celebrating the guru-shishya tradition alongside accomplished musicians and distinguished guests in a vibrant cultural recital. **Where: Medai – The Stage, Museum Road; When: June 28, 10 am onwards**

05 Musical tribute

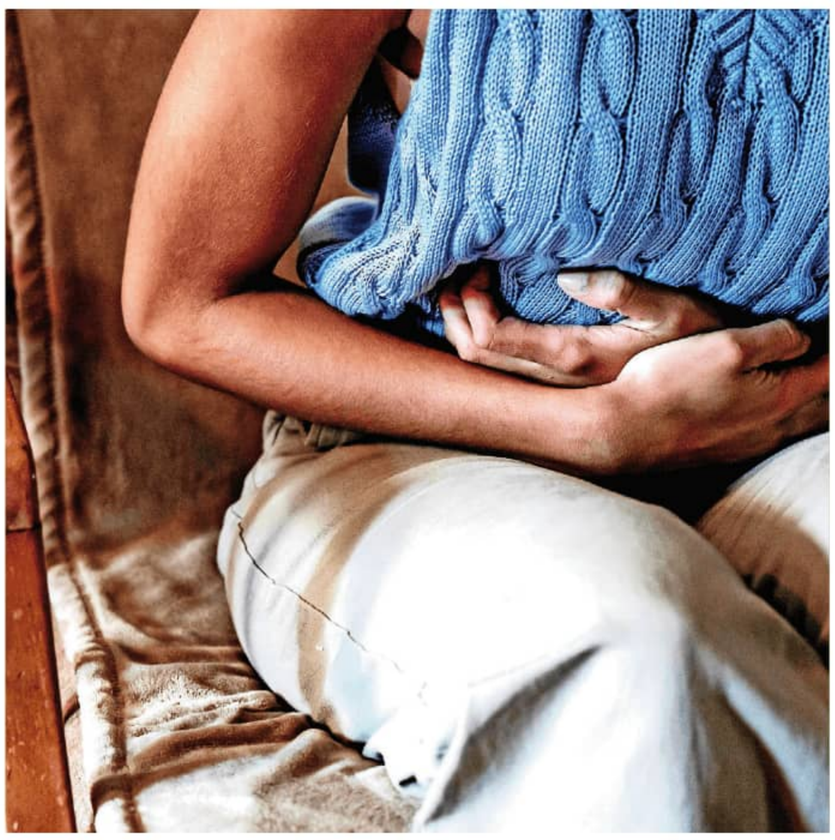
A concert celebrating Kishore Kumar's timeless legacy will revisit his iconic romantic, soulful and lively classics, honouring one of Indian cinema's greatest playback singers. **Where: Chowdiah Memorial Hall, Malleswaram; When: June 28, 6 pm onwards**

Belly ache is city's new work perk

Doctors report rising digestive disorders among young professionals as stressful work routines, skipped meals, poor sleep and processed diets quietly damage gut health

Rachana Ramesh
c-rachana.ramesh
@timesofindia.com

TWEETS @BangaloreMIRROR



Gastroenterologists are raising concerns over a steady rise in digestive health issues among Bengaluru residents, driven by the city's demanding work culture and changing lifestyle habits. Long working hours, chronic stress, irregular meal timings, reliance on outside food and poor sleep are increasingly affecting the gut health of working professionals across age groups. Doctors say they are seeing a growing number of patients in their 20s, 30s and 40s presenting with bloating, acidity, constipation, irritable bowel syndrome (IBS), indigestion and persistent abdominal discomfort. While infections and other medical conditions continue to contribute to digestive disorders, lifestyle factors are emerging as a major cause.

Lifestyle shift

"Over the past few years, we have certainly seen a noticeable increase in younger adults presenting with digestive complaints such as bloating, acidity, constipation and irritable bowel syndrome (IBS). While these conditions were once more commonly associated with older adults or isolated cases, they are now increasingly affecting people in their 20s and 30s," said Dr Ganesh Shenoy K, Director, Department of Surgical Gastroenterology, Minimal Access, General, Bariatric and Robotic Surgery, Kauvery Hospital.

According to him, Bengaluru's technology-driven work culture is a major factor. "Long working hours, irregular meals, frequent consumption of processed and restaurant food, chronic stress, poor sleep and sedentary routines can significantly affect digestive health. These factors may alter the gut microbiome, impair digestion and trigger chronic inflammation, making people more prone to persistent gastrointestinal symptoms," he said.

He added that many in the city's tech workforce skip breakfast, delay lunch due to meetings, work through meals and depend on food delivery. Combined with sedentary habits and high stress, these patterns can disrupt the gut microbiome, the community of microorganisms essential for digestion, immunity and overall health.

Warning signs

"One of the biggest misconceptions is that digestive symptoms such as bloating, acidity or constipation are normal and can be ignored. While occasional discomfort is common, persistent or recurring symptoms may indicate poor gut function," said Dr B S Ravindra, Director, Department of Gastroenterology and Hepatology, Fortis Hospitals, Bannerghatta Road.

He cautioned against dismissing ongoing digestive issues as a result of a busy lifestyle. "Warning signs that need medical attention include persistent abdominal pain, bloating, recurrent acidity, changes in bowel habits, blood in stool, unexplained weight loss, difficulty swallowing or symptoms affecting daily life. Early evaluation helps determine whether the issue is functional, lifestyle-related or linked to an underlying condition," he said.

Experts say stress disrupts brain–gut communication, affecting digestion and increasing the risk of gastrointestinal disorders. Irregular meal timings, poor sleep and diets high in processed foods can reduce beneficial gut bacteria, weakening digestive health over time. Rising intake of ultra-processed foods and sugary drinks among young professionals is also a concern. Fibre-rich foods, fruits, vegetables and fermented foods help nourish the gut microbiome, while deficient diets can harm it. Doctors say many lifestyle-related digestive disorders can be prevented or managed with simple, consistent changes. Dr Shenoy said, "Many of these conditions are preventable and manageable. Improving diet, increasing fibre intake, staying active, managing stress and maintaining regular meal timings can restore gut health. Persistent symptoms should be medically evaluated." Dr Ravindra said gut health does not require supplements or restrictive diets, but a fibre-rich diet, hydration, exercise, good sleep and stress management.

Experts urge early medical attention and healthier daily habits, warning persistent bloating, acidity and bowel problems should never be dismissed as normal consequences of city life

He said these habits support a resilient microbiome and overall immunity. Healthcare professionals urge Bengaluru residents to prioritise digestive health and seek timely medical advice rather than normalise chronic digestive discomfort.

City celebrates visionary who built Bengaluru's foundations

Jayanti celebrations across Karnataka honoured the 16th-century visionary whose foresight in planning, governance and water conservation laid city's enduring foundations

The city marked Kempegowda Jayanti with cultural programmes and official commemorations, paying tribute to Nadaprabhu Hiriya Kempegowda (1510–1569), the 16th-century chieftain of the Vijayanagara Empire widely credited with founding Bengaluru in 1537. Kempegowda is revered as the architect of modern Bengaluru for laying the foundation of a planned urban settlement that later grew into one of India's largest metropolitan cities. His vision, administrative foresight and emphasis on planned urban development continue to shape the city's identity.

In a note, Bengaluru Development Minister Krishna Byregowda said, "Historical accounts highlight Kempegowda's pioneering contributions to city planning, water management and civic organisation. Inspired by the layout of Hampi, he is believed to have designed a fortified settlement with clearly defined market zones, known as petes, including areas such as Chickpet and Doddapet, each dedicated to specific trades. He also focused extensively on water sustainability, constructing numerous tanks and lakes to support the growing settlement. Several water bodies, including Kempambudhi Lake and Ulsoor Lake, are linked to his era, forming part of what is often described as an early urban water network that supported both civilian life and defence."

Gowda said Kempegowda is also credited with establishing four boundary watchtowers that marked the intended limits of Bengaluru's early expansion. These towers, located at Lalbagh, Mehkri Circle, Ulsoor Lake and Kempambudhi Lake, remain significant heritage markers of the city's original layout. In addition to his administrative and infrastructural contributions, he is believed to have been a patron of culture and learning, with historical references attributing to him the authorship of the Telugu play Ganga-Gouri Sallapamu.

Karnataka Chief Minister DK Shivakumar pays tribute to Nadaprabhu Kempegowda on his 517th birth anniversary

Over the centuries, Kempegowda's legacy has become deeply interwoven with Bengaluru's identity, reflected in the city's modern infrastructure and public spaces. Kempegowda International Airport in Devanahalli serves as one of the city's principal global gateways, while the 108-foot bronze statue of Nadaprabhu Kempegowda at the airport has become a prominent landmark symbolising Bengaluru's heritage. His name also lives on through key transport hubs, including the Kempegowda Bus Station, popularly known as Majestic, and the Nadaprabhu Kempegowda Metro Station interchange.

Kempegowda Jayanti is observed annually on June 27 to honour Bengaluru's founder and his contributions to urban planning and public welfare. The celebration honours Bengaluru's founder and reflects the city's journey from historic roots to a global technology hub. **— BMB**

Branch mishap: GBA to pay ₹15L in damages

After Rajajinagar motorist was critically injured by falling branch, civic body prepares compensation as glaring gaps in Bengaluru's tree safety come under scrutiny

Garima Prasher
garima.prasher
@timesofindia.com

TWEETS @BangaloreMIRROR

The Greater Bengaluru Authority (GBA) is likely to pay nearly Rs 15 lakh in compensation to the 53-year-old motorist who was critically injured after a tree branch fell on him in Rajajinagar on June 24.

According to GBA sources, the amount will be released from the civic body's disaster management fund to cover the victim's medical expenses.

"A senior GBA official visited the hospital. According to the hospital's preliminary estimate, the total treatment cost is expected to reach around Rs 18 lakh. The injured person has health insurance that will cover Rs 3 lakh, while the remaining amount will be borne by the GBA through its disaster management fund. So far, the treatment bill has crossed Rs 7 lakh," a source said.

The victim, an employee of a finance company, sustained critical injuries on June 24 when a dried tree branch suddenly fell on him while he was riding his motorcycle near Ram Mandir Road in Rajajinagar.

The incident comes despite the GBA's pre-monsoon tree maintenance drive. Between April 29 and May 29, the Forest Department recorded more than 3,000 incidents of trees and branches falling across Bengaluru, despite multiple surveys and maintenance activities undertaken by the city's five corporations during the first three months of the year.

PIC FOR REPRESENTATION ONLY

Forest officials cite staff shortages, while experts demand ward engineers share responsibility for spotting hazardous trees before neglected risks turn into tragedies

Experts say the responsibility for identifying and reporting dead, diseased or hazardous trees should not rest solely with the Forest Department, which continues to grapple with an acute shortage of manpower. They argue that ward engineers and road infrastructure teams should also be tasked with regularly identifying dangerous trees and branches within their jurisdictions.

"The Forest Department has been functioning with severe staff shortages for years and is stretched by its existing workload. Given these constraints, ward engineers and road infrastructure teams should proactively report dead, diseased or dangerous trees and branches so that preventive action can be taken before accidents occur. The engineers can raise requests through Form I under the Karnataka Tree (Preservation) Act, following which the Forest Department can carry out inspections and take further action," a city-based tree activist said.

The Forest Department, functioning under the Forest, Environment and Climate Change Cell of the GBA, currently has a staff strength of just 20 officials. This includes eight Range Forest Officers, nine Deputy Range Forest Officers, two Assistant Conservators of Forests and one Deputy Conservator of Forests.

The strength has improved only recently after five Range Forest Officers were posted to the West, Central, East and North city corporation offices. Until a couple of months ago, the department had just 14 officials managing the city's entire tree cover.

However, officials say the department remains severely understaffed, making it difficult to carry out routine inspections, maintenance and emergency response.

"Few municipal corporations in major Indian cities have a forest department with such a small workforce. Nashik, for instance, has more than 200 personnel managing its urban green cover. During the monsoon, multiple civic departments work in coordination to minimise tree-fall incidents and related injuries. That level of inter-departmental coordination is still missing in Bengaluru," a GBA source said.

Three-language rule raises questions

The Associated Managements of Primary and Secondary Schools in Karnataka has urged CBSE to urgently clarify its recent three-language policy circular, stating that it has created confusion in the state, where Kannada is already mandatory under the Karnataka Kannada Language Learning Act, 2015, and the 2017 Rules, which require it to be taught as either the first or second language in all recognised schools.

General Secretary D Shashi Kumar said schools are uncertain whether the CBSE directive requires Kannada to be reintroduced as a third language despite existing state rules, and warned that implementing changes mid-year would disrupt admissions, staffing, timetables and subject choices.

The association sought clarity on migrant students, examinations, textbooks and the directive's status vis-à-vis state law. It also urged CBSE to keep the circular on hold in Karnataka until aligned with state rules, warning of legal action if clarifications are not issued within 15 days. **–BMB**

Hotels cheer supply, slam prices

With tensions in the Middle East easing, the supply of domestic and commercial LPG cylinders in the city has returned to normal, bringing relief to consumers. Supply disruptions caused by the conflict involving Iran, the US and Israel had earlier affected availability. The Centre had prioritised domestic LPG while restricting commercial cylinder supplies, placing the hotel industry under strain.

According to sources, improved diplomatic developments have restored the supply chain to pre-conflict levels. LPG distributors said cylinders are now being supplied as they were before the conflict, with regular bookings and deliveries continuing, although some earlier booking restrictions remain in place.

Meanwhile, the Bengaluru Hotels Association has urged Prime Minister Narendra Modi to cut commercial LPG cylinder prices. Honorary President PC Rao said prices have jumped nearly 80 per cent in five months, hurting the hospitality sector despite falling global crude oil prices. **–BMB**

CRIME FILES

Bike thief busted, stolen vehicles recovered

Shivajinagar Police have arrested a man accused of stealing two-wheelers following an investigation into a theft reported on May 14. The accused was arrested near Naroona Road on June 21, and police recovered three stolen two-wheelers worth 2 lakh, solving three theft cases. The case was registered after a resident reported that his two-wheeler, parked behind St Mary's Basilica on May 12, had been stolen by the next day. Acting on credible leads, police arrested the accused in possession of the stolen vehicle. He confessed to two more thefts, leading to the recovery of two vehicles. **–BMB**

Burglary bust recovers silver worth ₹10 lakh

Vijayanagar Police have arrested a man in connection with a house burglary reported on May 31 and recovered 5 kg of stolen silver articles and two brass lamps worth 10 lakh. The accused was arrested near Bapujinagar on June 3. Police said the complainant was looking after his cousin's vacant house in RPC Layout. On May 30, he found burglars had entered by breaking the rear ventilation window and stolen valuables. Acting on credible leads, police arrested the accused. He was remanded after the recovery of stolen property.**–BMB**

Two-wheeler theft accused in police net

Madiwala have arrested a man accused of stealing two-wheelers after investigating a theft reported on April 25. The accused was arrested near Ayyappa Temple on Hosur Main Road on June 21, and police recovered three stolen vehicles worth 67,000, solving three theft cases. The complaint was filed after a resident reported that his parked two-wheeler had been stolen from near the Indian Institute of Psychology & Research on Tavarekere Road. Acting on information from informants, police arrested the accused. He admitted to two more thefts, leading to the recovery of two vehicles. **–BMB**

ACADEMY OF MUSIC (Regd.)
CHOWDIAH MEMORIAL HALL
Vyalikaval, Bangalore
presents

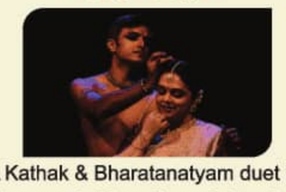
Nrutya Rangoli

A National Dance Extravaganza featuring some of India's exceptional dancers

July 10th, 11th and 12th, 2026
Chowdiah Memorial Hall

Friday, 10th July 2026

6:30 – 7:30 pm
"Raag Raagini"



A Kathak & Bharatanatyam duet by
Parshwanath Upadhye & Pooja Pant

7:45 – 8:45 pm
आनन्द-रसम् / Ānanda-Rasam
(The essence of bliss)

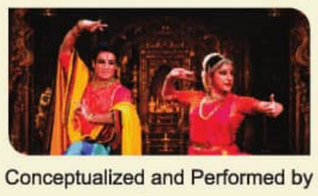
Odissi dance performance by
Guru Ratikant Mohapatra and
Srjan Ensemble, Bhubaneswar - Odisha

Saturday, 11th July 2026

6:30 – 7:30 pm
"Vishwavyapi Dikshitar"

A dance feature on the Universal Music Enigma
Conceptualized & Curated by Dr. Usha Rk

7:45 – 8:45 pm
"Under The Double Eagle - The Wadiyar Kings"
Tribute to the Wadiyar Dynasty



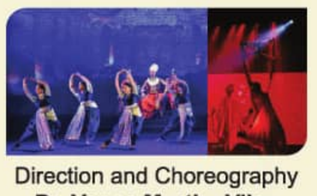
Conceptualized and Performed by
Lakshmi Gopalaswamy
and Sathyanarayana Raju

Sunday, 12th July 2026

6:30 – 7:30 pm
"Widening Circles"

A solo Kathak dance performance by
Aditi Mangaldas

7:45 – 8:45 pm
"The Star – Dhruva:
The Path to Brilliance"



Direction and Choreography
Dr. Veena Murthy Vijay
Concept : Dr. Yellappa Reddy

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European train control system to guide B'luru's suburban rail

K-RIDE plans to replace Communication-Based Train Control with new tech that will enable faster trains, enhanced safety, seamless connectivity and future-ready services

Sridhar Vivan
sridhar.vivan@timesofindia.com
TWEETS @sridharvMirror

In a move aimed at improving passenger safety, increasing train speeds and preparing Bengaluru's rail network for future expansion, K-RIDE is planning to adopt the European Train Control System (ETCS) for the Bengaluru Suburban Rail Project. The advanced digital signalling and automatic train protection technology is expected to replace the Communication-Based Train Control (CBTC) system proposed in the project's Detailed Project Report. Officials believe ETCS will better suit Bengaluru's long-term transport vision as suburban rail services evolve into a wider regional rapid transit network connecting neighbouring cities.

An official said, "Unlike conventional signalling systems, ETCS enables continuous communication between trains and trackside equipment, creating an integrated framework that includes Automatic Train Protection (ATP), Automatic Train Operation (ATO) and Automatic Train Supervision (ATS). This significantly enhances operational safety while allowing trains to run at higher speeds and with shorter intervals between services." K-RIDE officials said the system can support train operations at speeds of up to 200-250 kmph in future upgrades, making it suitable for suburban rail as well as semi-high-speed regional services. While CBTC is ideal for metro systems with closely spaced stations, ETCS is better suited for longer-distance rail corridors extending into the outskirts and neighbouring districts.

Future upgrades could support train speeds reaching up to 250 kmph

The proposed shift comes as the government pursues plans to strengthen regional connectivity around Bengaluru. Earlier proposals to extend suburban rail corridors by nearly 146 km, including the Devanahalli-Chikkaballapur and Chikkabanavara-Kunigal routes, did not receive approval from South Western Railway. The state government has since proposed five Regional Rapid Transit System (RRTS) corridors, modelled on Delhi's network, linking Bengaluru with Mysuru, Tumakuru and Kolar. "One of the biggest advantages for commuters will be seamless travel across multiple corridors without changing trains. ETCS allows interoperability between different routes, enabling passengers to continue their journey on the same train across the network. The technology also reduces waiting times by allowing more trains to operate safely within the same corridor, thereby improving frequency and capacity," an official added.

> **"The technology also reduces waiting times by allowing more trains to operate safely within the same corridor, thereby improving frequency and capacity** – K-RIDE Official

Sources said the move reflects K-RIDE's effort to future-proof Bengaluru's rail infrastructure. The ETCS Level-2 system is already operational on the Delhi-Ghaziabad-Meerut Namo Bharat corridor and has been proposed for the Mumbai-Ahmedabad bullet train project. According to PMO-reviewed timelines, the Mallige, Kanaka, Sampige and Parijata corridors are scheduled for completion between 2028 and 2030.

ETCS advantages

T ETCS replaces conventional signalling with intelligent digital train control, instantly detects risks and intervenes before accidents occur. It enables faster train operations, increases service frequency by reducing gaps between trains, and minimises dependence on manual decision-making. The system supports seamless travel across interconnected corridors, improves timetable adherence through continuous monitoring, maximises existing track capacity without new infrastructure, and is designed for future regional and high-speed rail services, ensuring safer and more reliable journeys.

PIC: KAUSHIK JN

Smooth ride

Newly inaugurated SM Krishna 10-lane corridor. The 10.76-km signal-free and toll-free corridor connecting Kadabagere Cross on Magadi Road to Challaghatta Metro Station was inaugurated by Chief Minister DK Shivakumar, on Saturday

Hebbal-Silk Board tunnel moves ahead

The State Government is set to launch work on the 2.2-km, six-lane toll-free tunnel road between Hebbal Veterinary College and Hebbal Lake on Sunday, with the tender process already complete. The project aims to ease congestion in one of Bengaluru's busiest corridors. Meanwhile, only two firms, including Adani, have submitted bids for the proposed 16.74-km tunnel connecting Esteem Mall in Hebbal to Silk Board. Sources said Chief Minister DK Shivakumar has briefed the Congress high command on the bids, and the project is expected to move forward after receiving the party's leadership approval.

The Hebbal-Silk Board tunnel will be developed under the Build-Own-Transfer (BOT) model, with the government providing around 40 per cent of the project cost as Viability Gap Funding (VGF). Around ₹7,000 crore is expected from Bengaluru Development Authority (BDA) land auctions. Shivakumar defended the project, citing Bengaluru's rising vehicle population, high land acquisition costs, and successful tunnel road models in global cities and Mumbai. Officials said the tunnel alignment will not affect Lalbagh. — BMB

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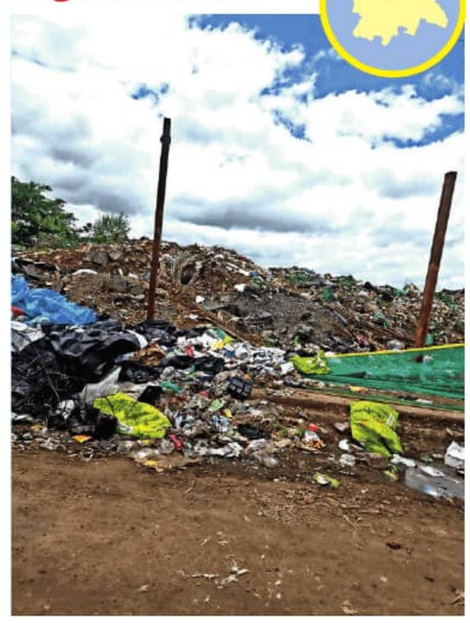
Waste zone

Kogilu Junction


Garbage dumping at Kogilu Junction near a college is causing inconvenience to commuters and residents.

Danger spot

Hoysalanagar

Despite repeated complaints to the BBMP, a loose manhole cover on TC Palya Main Road in Hoysalanagar continues to pose a serious safety risk.

Road hazard

Seshadripuram

A signal pole on the newly white-topped Platform Road opposite a hotel in Seshadripuram has become a hazard for motorists, particularly at night.

No free rides: Passengers still aboard the ticktless bus

Data shows ticketless travel cases rising by nearly 84% over five years — from 29,609 cases in 2021-22 to 48,432 cases in 2025-26; repeated Aadhaar misuse under Shakti scheme also prevelant

Sanjana CS
c-sanjana.s@timesofindia.com

TWEETS @BangaloreMirror

May recorded 4,476 ticketless travel cases despite regular inspection drives by transport authorities

After a woman was caught and penalised during a routine ticket check while travelling to Electronic City Bus Stand for allegedly using another person's ID to avail free travel under the Shakti scheme, the spotlight has turned to misuse of the scheme.

She later circulated a video on social media admitting her mistake and describing how intimidated she felt by officials during the inspection. Transport officials said such incidents are treated as ticketless travel and are not isolated, with several similar violations reported in both BMTC and KSRTC services.

According to Karnataka State Road Transport Corporation (KSRTC) data, more than 2.1 lakh ticketless passengers were caught across nearly 2 lakh cases between 2021-22 and 2025-26. In May alone, 4,476 ticketless travel cases were reported. Officials said the number of passengers travelling without valid tickets has increased from around 2,000 per month in 2021 to nearly 4,000 per month in 2026.

"Nearly 2,000 buses are checked every day, but despite regular detection drives, the scale of fare evasion remains substantial," a KSRTC official said.

Officials added that the actual extent of fare evasion could be more than double the detected cases due to manpower constraints. "We are around 85 personnel deployed in the field for inspections. With the current workforce, it is not possible to check every bus, and some buses inevitably go unchecked," officials said.

> **"The maximum seating capacity of a bus is around 52 passengers, and we may allow two or three extra passengers to board. However, during peak hours, buses often carry far more commuters**
>
> – Yogesh, KSRTC and BMTC Employees Association Member

The Shakti scheme, launched by the Government of Karnataka in 2023, allows women to travel free on state-run non-luxury bus services. While it has reduced travel expenses and improved mobility for lakhs of women commuters, ticketless travel has continued to rise. The value of unpaid tickets increased from 9 lakh in 2022-23 to 10.7 lakh in 2023-24, with the highest fare evasion recorded in 2025-26.

Data also shows ticketless travel cases rising by nearly 84% over five years—from 29,609 cases in 2021-22 to 48,432 cases in 2025-26 (till March). In April alone, 4,462 passengers were caught travelling without tickets, while authorities collected 3.5 crore in fines over five years against fare evasion amounting to nearly 50 lakh.

Meanwhile, KSRTC and BMTC Employees Association member Yogesh said the scheme is increasingly being misused through Aadhaar-related fraud. Several ineligible passengers allegedly use duplicate Aadhaar cards, morph details, or paste their photographs onto someone else's ID to avail free travel.

He added that such cases usually occur when buses are overcrowded. "The maximum seating capacity of a bus is around 52 passengers, and we may allow two or three extra passengers to board. However, during peak hours, buses often carry far more commuters. Conductors do not have enough space to move around and properly check Aadhaar cards. Taking advantage of this, some passengers, including those from Kerala, Andhra Pradesh and other neighbouring states, show invalid or misleading Aadhaar cards and avail themselves of the free travel benefit," he said.

Officials said Shakti smart cards will be issued under a Public-Private Partnership (PPP) model. "The committee is expected to submit its report by the end of this month. Based on its recommendations, the government will begin the tender process for large-scale issuance of smart cards," officials said.

KSRTC officials added that while Shakti smart cards may reduce misuse and improve verification, ticketless travel and Aadhaar-related fraud are likely to continue until the rollout, expected in another two to three months.

Sterilise, don't pack strays off to shelters, citizens plead

Experts warn removing sterilised dogs undermines population control and urged expansion of existing ABC, ARV schemes

Animal welfare activists, veterinarians, former public officials, lawyers, rescuers, caregivers, and citizens gathered at Freedom Park on Saturday, demanding evidence-based and humane management of community animals.

The protest highlighted concerns over inadequate implementation of Animal Birth Control (ABC) and Anti-Rabies Vaccination (ARV) programmes, increasing cruelty against community animals and caregivers, and proposals to establish large-scale shelters for healthy community dogs.

Protesters argued that sterilisation and anti-rabies vaccination remain the only scientifically proven and legally recognised long-term solutions to stabilise community dog populations and prevent rabies. They urged the Karnataka government to strengthen existing ABC centres by improving veterinary infrastructure, increasing manpower, and ensuring transparent monitoring instead of investing in long-term confinement facilities.

Participants questioned the financial viability of permanent shelters, citing recurring costs and resource shortages in ABC programmes. They also referred to the "vacuum effect", warning that removing sterilised dogs could allow unsterilised dogs to occupy the same areas, undermining population control efforts.

Addressing the gathering, Karnataka State Animal Welfare Warden Anirudha Ravindra said consistent implementation of sterilisation and vaccination programmes was essential for protecting public health and animal welfare. Chief Wildlife Veterinarian of PFA, Colonel Dr Navaz Shariff, said community animals are an integral part of the urban ecosystem and called for science-based policies promoting coexistence.

–BMB

Rs 30 lakh wasted, transfer station gathers rust

Environmental objections stalled garbage transfer project, leaving costly civic infrastructure unused while authorities promise inspection and possible productive utilisation

Y Maheswara Reddy
c-y.reddy@timesofindia.com

TWEETS @BangaloreMIRROR

A garbage transfer station, constructed more than five years ago, is a classic example of how the then Bruhat Bengaluru Mahanagara Palike (BBMP) used to take up developmental work without proper planning, wasting taxpayers' money.

The transfer station at Ulsoor was built at an estimated cost of Rs 30 lakh to facilitate garbage transfer from primary vehicles (garbage auto tippers) to garbage compactor vehicles. But, it was built without considering the presence of a tree on the footpath. Following objections from environmentalists and activists against cutting the tree, the transfer station has remained unused.

Bangalore Mirror published a story, The Tree Between Us, on December 4, 2022, highlighting how the garbage transfer station remained in limbo due to a lack of coordination between various BBMP departments.

"I happened to see the machinery meant for the transfer station lying outside rusting. It is not clear who took away the machinery worth lakhs of rupees. Bengaluru Central City Corporation (BCCC) and Bengaluru Solid Waste Management Limited (BSWML) authorities must make the best use of this transfer station, which has been lying idle all these years," said BR Chandru, a social activist.

Rusting machinery at garbage transfer station raises questions over accountability and public funds spent

> **"Bengaluru Central City Corporation (BCCC) and Bengaluru Solid Waste Management Limited (BSWML) authorities must make the best use of this transfer station, which has been lying idle all these years**
>
> – BR Chandru, social activist

Many people, including pedestrians, believe constructing a transfer station near the swimming pool was the wrong decision. "We cannot expect a transfer station to be clean and neat. Emanating bad odour from a transfer station is common in the city. I don't think people residing in nearby high-end apartments will allow the authorities to use the transfer station," said Naveen P, a pedestrian.

Demanding better use of the structure, social activist Maria Hussain said the then BBMP authorities wasted taxpayers' money by constructing the transfer station at the wrong location. "It will be wise if the authorities concerned make best use of the structure if they cannot use it for the purpose it was constructed," she said.

Meanwhile, BSWML Assistant General Manager Rudramuni said he had assumed office recently. "I will inspect the transfer station shortly. I will try to make the best use of the transfer station," he said.

AI portfolios reshape governance as states embrace digital transformation

Kerala and Tamil Nadu integrate AI into cabinet portfolios, aiming to modernise governance, boost efficiency, and strengthen innovation-driven industries

| Bangalore Mirror Bureau
mybangaloremirror
@timesofindia.com

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There was a time when computers were confined to a few government offices. Then came the internet, followed by dedicated IT departments, and today digital governance has become essential for the functioning of the state itself. Now, a new transformation is underway: Artificial Intelligence (AI) is entering governance systems across the world. Recently, two Indian states have reportedly begun integrating AI into their cabinet-level administrative structures.

This is not about replacing human ministers with robots or granting AI a ministerial bungalow, official car, security detail or personal staff. Instead, it signals a shift in which AI is treated as core governance infrastructure, much like IT or biotechnology. Human ministers continue to make decisions, sign files, frame policies and oversee administration. AI is being introduced as a support system to strengthen governance, industry and public service delivery, not as a political authority.

States such as Kerala and Tamil Nadu have taken early steps by integrating AI into dedicated administrative portfolios. Their objective is to improve governance efficiency, strengthen data-driven decision-making and support innovation-led industries.

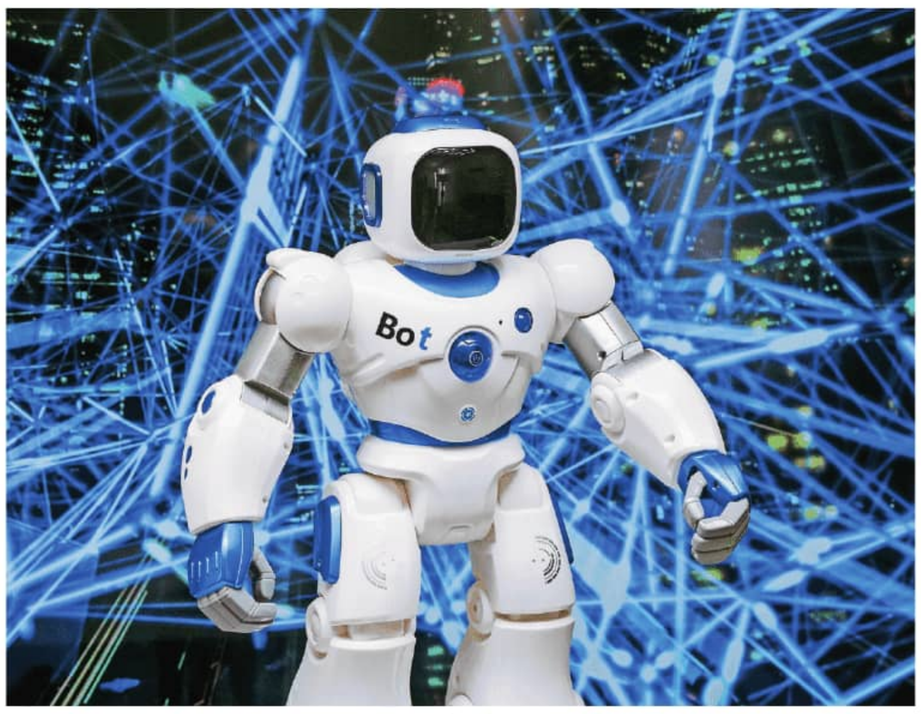
Kerala has emerged as one of the first states to formally integrate AI into governance by assigning additional AI-related responsibilities to its Industries and IT portfolio. Minister P Rajeeve oversees AI-linked initiatives alongside his existing departments. The state plans to introduce AI into sectors such as mining, geology, handlooms, textiles and industrial development. It also aims to promote AI-based startups and position Kerala as an investment-friendly technology hub. The broader goal is to modernise governance through data-driven systems and intelligent automation while improving global competitiveness.

Tamil Nadu has followed a similar path by expanding its IT department into the Artificial Intelligence, Information Technology and Digital Services portfolio. Minister R Rajaa has taken charge of the expanded department. Rather than creating a separate AI department, the state has embedded AI into existing governance systems to improve public service delivery, speed up administrative processes and strengthen coordination across departments.

An AI ministry does not function like a conventional government department with independent executive powers. It does not build roads, run schools or manage hospitals. Instead, it serves as a cross-sector technology backbone. In agriculture, AI can analyse weather patterns, soil conditions and market prices to help farmers make informed decisions. In healthcare, it can assist doctors by interpreting medical images and analysing patient data. In administration, it can accelerate file processing and reduce delays.

Globally, governments have used AI in governance since around 2017, when countries such as the UAE introduced AI-linked ministerial roles to accelerate digital transformation and attract technology investment. However, in most countries, AI remains part of broader IT or digital governance portfolios rather than a standalone ministry.

As AI moves from laboratories into government decision-making systems, a broader debate has emerged over whether states should create dedicated AI ministries or continue integrating AI into existing departments. In Karnataka, which leads India's digital economy, the question is no longer whether AI will become part of governance, but whether it will eventually require dedicated political leadership. For now, one thing remains clear: AI may assist governance, but it will not govern. Humans remain in charge, with accountability, transparency and democratic oversight guiding every final decision taken.



Key facts

- Kerala is among the first Indian states to assign AI-linked ministerial responsibility.
- Tamil Nadu has integrated AI into its Information Technology and Digital Services portfolio.
- AI currently serves as a governance support system, not a decision-making authority.
- The UAE introduced one of the world's first AI-linked ministerial roles in 2017.
- AI is already used in governance globally, but standalone AI ministries remain rare.

From agriculture to healthcare, AI is emerging as a backbone for smarter governance. Indian states are experimenting with ministerial portfolios that embed AI, sparking debate on its future political leadership

Karnataka first

- Karnataka is India's leading IT hub, with Bengaluru serving as the country's technology capital.
- The state leads in AI research, startups and digital innovation.
- Experts say AI could remain within the IT ministry or evolve into a separate portfolio.
- A dedicated AI ministry could strengthen governance efficiency and data-driven policy making.
- Constitutional and administrative authority will continue to remain with elected human ministers.

Weak monsoon raises fears of blow to fisheries

Warnings of a significant rainfall deficit in the State due to an active El Niño have sparked concerns not only for agriculture but also for the state's marine fisheries sector. The annual fishing ban, in force from June 1 to July 31 to allow fish breeding, coincides with the southwest monsoon, when freshwater flowing from the Western Ghats into the sea creates ideal spawning conditions. However, with the monsoon remaining weak and nearly a month of the ban already over, experts fear poor freshwater inflow could disrupt breeding cycles and reduce fish stocks when the fishing season resumes on August 1.

Experts also warn that lower river discharge could allow more polluted water to enter the sea, affecting marine life. H N Anjaneyappa, Dean of Mangaluru Fisheries College, said fish might move away from the coast to breed under unfavourable conditions, worsening the decline in fish availability. **— BMB**

India has mastered tech once denied to it: ISRO chief

India India has mastered the cryogenic engine technology once denied to it, ISRO Chairman V Narayanan said on Saturday. Delivering the 17th Air Chief Marshal L M Katre Memorial Lecture at the HAL Management Academy under the aegis of the Air Force Association, Karnataka Branch, Narayanan said India is preparing for its first uncrewed Gaganyaan mission while advancing Chandrayaan-4, a lunar sample return mission, and Chandrayaan-5, a joint mission with Japan featuring a heavier rover. "We have developed a cryogenic rocket engine, the technology which was denied to India," Narayanan said, adding that India had turned technology denial into leadership by developing three cryogenic propulsion systems and setting multiple world records in advanced space propulsion technology. **— PTI**

Persistent dengue burden places K'taka among India's most vulnerable states

| Garima Prasher
garima.prasher
@timesofindia.com

TWEETS @BangaloreMIRROR

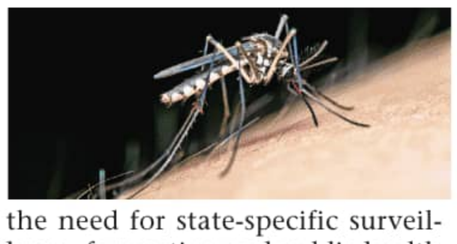
Karnataka has emerged as one of the country's most vulnerable states to dengue, with a high disease burden coupled with an elevated fatality rate, according to a state-wise comparative analysis of dengue incidence and deaths across India between 2017 and 2024.

The study, based on annual dengue surveillance data from the National Vector Borne Disease Control Programme (NVBDCP), placed Karnataka among seven states with both high dengue incidence and high case fatality. The other states in this category are Kerala, Maharashtra, Punjab, Rajasthan, Tamil Nadu and Uttar Pradesh.

Researchers found that Karnataka continued to report a high number of dengue cases in 2024, along with Kerala, Maharashtra and Uttar Pradesh, indicating that the state's dengue burden remains persistent despite ongoing control measures.

The analysis also showed that Karnataka's dengue transmission patterns closely mirror those of neighbouring southern states. The state recorded a strong correlation in annual dengue trends with Tamil Nadu and Kerala, suggesting similar epidemic cycles driven by comparable climatic conditions, urbanisation and ecological factors. In contrast, Karnataka's dengue trends showed weak or negative correlation with several northern and eastern states. For instance, Punjab recorded a negative correlation with Karnataka, indicating that outbreaks in the two states do not follow similar temporal patterns.

The researchers observed that dengue transmission in Karnataka follows weak but non-linear temporal trends, influenced by multiple interacting factors rather than simple year-to-year changes. They added that rapid urbanisation, changing climatic conditions and environmental vulnerability may be sustaining dengue transmission, underscoring the need for state-specific surveillance, forecasting and public health interventions. The researchers also stressed that strengthening local disease monitoring and early warning systems could help authorities respond more effectively to future outbreaks. The study was conducted by researchers from Manipal Academy of Higher Education and Babasaheb Bhimrao Ambedkar University, Lucknow, after analysing eight years of nationwide dengue surveillance data.



Brutal daylight murder stuns JP nagar

A 29-year-old rowdy sheeter was brutally hacked to death by a group of unidentified youths in the middle of a busy road in JP Nagar on Saturday evening. The deceased was identified as Raju, a resident of Pragathipuram. Police said the incident took place around 5.30 pm near IG Circle in JP Nagar. Raju had reportedly stopped for tea and was walking along the road when four to five miscreants suddenly attacked him with sharp weapons. Despite trying to escape, Raju was chased and repeatedly assaulted in full public view before the attackers fled. Police rushed to the spot, shifted the body for postmortem, and registered a murder case. Officials suspect old enmity as the motive. Raju had figured in a murder case nearly a decade ago but had reportedly stayed away from crime in recent years. Police are examining CCTV footage and searching for the accused. **— BMB**

THE SUNDAY READ

Puppy love

Experts share apprehensions and tips on raising pedigreed dogs to make sure they can have their best lives

| Vasudha Zora
mybangaloremirror@timesofindia.com
TWEETS @BangaloreMirror

As Bengalureans' interest in pedigreed dogs as pets keeps rising, experts warn that the animals often go through a lot of pain in their lives.

Dr Nagesh Reddy, senior veterinarian and Sanjana Mandappa, an animal welfare worker and Trustee of Second Chance Sanctuary, shared the current scenario of irresponsible breeding, inherited health conditions and unprepared pet ownership.

According to Dr Reddy, one of the prominent and common health concerns he noticed in pedigree dogs today is hip dysplasia. He shares that while inherited conditions remain a concern, he has seen that lifestyle factors associated with urban living have drastically contributed to the growing number of health problems in dogs.

"Genetic breeding is not the cause of urban living but raising large breeds in apartments can cause obesity, which leads to cardiac issues and diabetes. Lifestyle is often the cause of obesity and arthritis," he said.

He further highlighted that the issue amplifies in breeds already predisposed to genetic conditions. Dogs like Bulldogs and Pugs that fall under the brachycephalic breeds are vulnerable to respiratory issues, which lead to stress, obesity and cardiac issues. However, the advancements in veterinary diagnostics over the last decade have made it possible and easier to identify such inherited disorders from earlier on, he said.

"Health screening in India for testing genetic issues was developed in the last decade. Blood tests can help diagnose genetic diseases like hip dysplasia, juvenile cataract etc. Hip dysplasia can be diagnosed early using X-Ray," he said.

He added that responsible breeding practices can reduce the burden of inherited disorders, and stressed that it would be easier to treat ailing dogs with genetically linked illnesses if proper and legal breeding practices are followed, as genetic-disease prone pets are culled.

Dismissing the perception of pets being over medicated in the city and country, he said, "In India, 80% of the pets do not receive proper vaccination, deworming, or preventative tick medication."

He added that prospective owners should abstain from buying brachycephalic dogs, ferocious and obesity prone dog breeds as they might trigger responsibilities many are not equipped to manage as pet parents.

Mandappa says that breeds that are being surrendered often reflect the breeds that were once fashionable a few years earlier. "For example, when Labradors and Retrievers became popular as family dogs, we saw a boom in people buying these breeds and consequently, a few years later the shelters were being flooded with them being abandoned. Most recently, we have seen that spike in Huskies being given up after the initial fascination for the breed," she said.

Contrary to assumptions of many that specific breeds are inherently problematic, Mandappa said that rescue organisations often see a different pattern. She highlights that there are no patterns with breeds having certain issues, rather she said there is a commonality in unfit pet parents who do not raise their dogs right. She adds that most pet parents do not provide species appropriate nutrition and care, one which, if given properly, would let their dogs thrive.

She shares that when a pedigree dog arrives at a rescue centre, medical records are often incomplete or are missing entirely, while few have updated vaccination records.

She shares that before a dog is put up for adoption, a meticulous assessment is done in the form of a series of medical procedures which include blood work, vaccinations, sterilisation, anti tick medication, heart checks, dental scaling and in some cases joint X-Rays.

According to her, one of the biggest challenges remains the gap between wanting a breed dog and understanding the responsibilities that come with owning one. She shared that due to external influences like social media, movies that glorify particular breeds, celebrities who promote buying particular breeds etc, the masses get influenced into wanting breeds they have no idea how to handle.

A pattern she often sees is that pet parents tend to buy the dog, and within a year or two they give the dog up once they realise how much of a commitment it is in terms of time, expertise, ability and finance.

This trend of buying breed dogs then reflects on the burdened city shelters as many dogs that come to the rescue centres arrive with serious medical and behavioural concerns. Most of the time, even home dogs that come to shelters are given in terrible conditions both medically and behaviorally because of the incompetent and incapable attitude of the dog's caregivers.

She disagrees with the premise that certain dogs struggle because of apartment living and climate conditions, stating that any dog can adjust to an apartment, provided they are given the right amount of physical activity and mental stimulation to keep them content.

On what prospective pet parents can work with, Mandappa's advice remains ingrained in reality, practicality and compassion for both man and his best friend.

"Don't bring home a dog based on purely aesthetics or the 'cute factor'. Choose a dog that suits your lifestyle, the amount of time you can give to the dog to meet their emotional and physical needs, the finances you can dedicate towards the dog's well being in terms of diet, supplements, medical care, training etc. Choose based on how well the dog will fit into your family taking into account all members who will be dealing with the dog. And most of all, choose to adopt, not buy and support the illegal breeding racket that has overrun the country," she said.

"Choose a dog that suits your lifestyle, the amount of time you can give to the dog to meet their emotional and physical needs, the finances you can dedicate towards the dog's well being in terms of diet, supplements, medical care, training etc. Choose based on how well the dog will fit into your family taking into account all members who will be dealing with the dog

— Sanjana Mandappa, Second Chance Sanctuary

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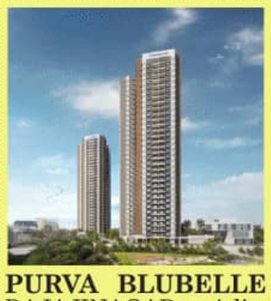

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CHANGE OF NAME

I, SRINIVASULA REDDY JUTURU residing at Site No 16, 3rd floor, Doctors Layout, Kachamaranahall, Village, Gunjur Po, Varthur Hobli, Bengaluru, 560087 have changed my name to SRINIVASA REDDY JUTURU vide affidavit dated: 27/6/2026 Before Notary K.V.Mani Bangalore.

RAFIQ Syed Reshma W/O Syed Nizamuddin .NO 31 2nd Floor Palm Grove Road, Austin Town, Bengaluru 560047 have changed my name to KUBRA FATHIMA for all purposes.

I, MATHAI RAJEENA OZHANKAL residing at No 444, 7th cross, Balaji krupa layout, RK Hegde nagar, Bengaluru. - 560077 have changed my name to RAJEENA MATHEW vide affidavit dated 18/06/2026 sworn before notary D. Rajanna Bangalore.

I, HABEEBUR RAHMAN, R/o flat no 302 3rd floor, sy no 28 victory green leaf 1st cross, kanakagiri layout horamavu agara, Bengaluru, Karnataka, India, 560043 have changed my daughter's name (minor) from FILZA HABEEB HABEEBUR RAHMAN to FILZA HABEEB

I, Bushra sultana Bangalore nisar ahmed W/0 Mohammed shahrukh hussain.R/o no 36 3rd cross 1st main Umar Bagh layout blore 560078 have cnaged my name to Bushra sultana for all purposes.

I, Chitra R/o No.858, Ashok Nivas, 6th cross, 10th main, Mico layout 2nd stage, Bengaluru 560076 have changed my name to Chitra Srinivasan. I shall be called by this name for all purposes

I Chandra Devi W/o Dungarchandjain R/o No 302 3rd Floor Gold Crest 5th Mai Kg Nagar Bengaluru-560019 Have Changed My Name to Chandrika Devi for All Purposes.

I, Akshata Narnakaje Gopalakrishna R/o. No 2-197, B Pacchadi Bailu House, Near Kadeshwalya Temple, Kadeshwalya, Bantwal TQ, DK-574325 have changed my name to AKSHATHA NARNAKAJE GOPALAKRISHNA vide Affidavit dt. 26.06.2026 before notary Mr. C Srinivas, B'luru.

I Saleha Begum W/O Masood Kamal. NO 49 South Cross Street, Neelasandra Bengaluru-560047 have changed my name to SUBIYA KAMAL for all purposes.

I am Sindhu Ravi, D/O Ravi K, R/O Bangalore, I have changed my name from Sindhu Vinoth Kumar to Sindhu Ravi

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I, POOJA D S, D/o Swamy, residing at Plot No35,1st Cross 2nd Floor,Yelachenahalli bangalore 560111, hereby inform the general public that the original Sale Deed pertaining to my property situated at Survey No.314/22, Sathanur (V),Sathanur (H),Kanakapura (TQ) Bangalore South (D) registered as Document No. KNK-1-13729-2024-25, dated 15/01/2025 , at the office of the Sub-Registrar, Kanakapura, has been lost/misplaced.

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BENGALURU SPEAKS

and gets heard on this page

STORY BEHIND THE PHOTO

HIDE & SEEK HARMONY

Our reader shares a delightful moment of an Indian Palm Squirrel spotted in J P Nagar, playfully engaging in a game of hide-and-seek with its mate. Beyond this charming behaviour, squirrels play an important ecological role by aerating the soil through their constant digging, controlling insects and tree pests, and serving as prey for raptors such as Shikras and hawks, helping maintain nature's delicate balance.

The picture was clicked by reader **Sridhar Comaravalli**

If you have a picture and a story to share, send us the picture with your name and number at **mybangaloremirror@timesofindia.com**

Transport Department launches digital e-challan system for RTO fines

RTO officials to adopt POS devices, streamline enforcement, integrate payments with Khajane 2 for faster, transparent fine collection across the state

The Transport Department is set to move away from its traditional paper-based system of issuing on-the-spot challan reports, with plans underway to introduce a "smart enforcement" mechanism similar to that used by traffic police. Under the new system, RTO officials and Motor Vehicle Inspectors are expected to use digital tools to issue fines instantly and streamline enforcement procedures.

As part of the transition, the department has procured 320 Point of Sale (POS) machines, which it will distribute across RTO offices in the state. Depending on staff strength, larger offices will receive up to three devices, medium-sized offices two, and smaller units one each, officials said. The machines will enable on-the-spot fine collection through debit and credit cards while reducing reliance on handwritten inspection reports.

The proposed smart enforcement system includes body-worn cameras and digital challans to streamline inspections while reducing disputes during enforcement drives

Officials said the existing system of manually preparing check reports during vehicle inspections often causes delays and operational difficulties for both enforcement officers and vehicle owners. The proposed e-challan system will replace this process with a faster and more transparent digital mechanism. Once implemented, officials will verify vehicle details in real time and issue penalties electronically, reducing paperwork and minimising discrepancies. The National Informatics Centre (NIC) is integrating the e-challan software with the government's Khajane-2 treasury platform. After completing the integration, the department will activate a central command system to oversee enforcement operations across the state.

The new system will automatically record repeat violations, allowing authorities to track vehicle histories more efficiently. Citizens will also be able to pay fines online without visiting RTO offices, similar to the existing traffic police e-challan system. Officials are also considering introducing body-worn cameras for Motor Vehicle Inspectors during

The digital shift promises transparency, quicker penalties, and reduced paperwork, while also tackling repeat violations. Authorities caution citizens against fake e challan scams during the transition phase

field inspections to improve transparency and reduce disputes. Meanwhile, they have cautioned the public against fake e-challan messages circulating on messaging platforms, clarifying that the system is not yet fully operational and urging vehicle owners not to click on fraudulent payment links.

The department had earlier planned to introduce a similar digital enforcement system, but implementation delays stalled the project. Officials now expect the upgraded infrastructure and software integration to help roll out the long-pending initiative and strengthen enforcement across the state's transport network. **— BMB**

DID YOU KNOW?

Space companies have spoken with insurers about coverage for orbital AI data centres, a sign of early progress for an experimental industry backed by Elon Musk's SpaceX and Jeff Bezos' Blue Origin. The concept of data centre satellites, designed to bypass Earth's power constraints, has gained momentum since Musk described them as the future of artificial intelligence development ahead of SpaceX's record-breaking public listing this month. Insurance remains essential for companies seeking to turn orbital data centres into reality, as coverage for costly hardware and space-related risks will help attract the debt financing needed to scale operations.
Reuters spoke to four brokers, underwriters and three space firms who confirmed preliminary discussions on coverage. "We're already starting to see companies that are focused on data centres and companies that are focused on digital infrastructure looking to the insurance community for support," said Patton Kline, U S aviation and space practice leader at Marsh. "The conversations in the market are focused on whether the risk can be modelled, rather than what the premium should be," said Kasey Roh of Upstage AI. **— Reuters**

GET HEARD WITH MIRROR

9591233247

Let's see how much you know about Namma Bengaluru, folks. Tell us something incredible and mind-boggling about this beautiful city and our editors and researchers will check it out. If it's credible, we'll give it a shout-out, with your name and picture.

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Norway brought its own food to the World Cup. But not because it distrusts US products

The Claim: Norway's men's football team allegedly brought all its food from home for the 2026 World Cup because players did not trust the quality and safety of food available in America.
Fact: Norway imported selected familiar foods for dietary consistency and comfort, while using high-quality local American ingredients. Nutrition experts say this is standard practice for elite international sports teams.

As Norway excels in its first World Cup appearance since 1998, false claims about what the team is eating are also grabbing attention online. The allegations focus on the quality of American food — more specifically, that the Norwegians distrust it so much that they brought food from home to avoid eating food in the U S Norway's team is based in Greensboro, North Carolina, for the duration of the 2026 World Cup, which the U S, Canada and Mexico are co-hosting. It is true that the team shipped certain products from Norway for the tournament, but the reason has nothing to do with concerns about food quality.

The claim circulating online says the Norwegian men's national soccer team brought its own food to the 2026 World Cup because it does not trust the quality of food in the U S. However, the team's head chef, Aron Espeland, said this is false. He explained that the team brought selected products from Norway to maintain consistency in the players' diets and provide them with a taste of home, while sourcing other ingredients locally. Nutrition experts said such a practice is common among elite athletes competing internationally.

"When athletes are competing at the highest level, consistency is important," Espeland said. "The players are used to certain products and flavours, and familiar foods can contribute both to nutrition and overall well-being during a demanding competition."

He continued: "Overall, the experience of cooking for the team in the U S has been excellent. We have had access to high-quality local ingredients, and our approach has been to combine those with a selection of

Norwegian products that help create continuity and a sense of home for the players during the tournament."

Many online posts claim the team imported 1,000 kilograms (2,200 pounds) of food. Espeland clarified that the actual amount is about 580 kilograms (1,276 pounds), including 300 kilograms of Norwegian salmon and trout, 100 kilograms of halibut, 80 kilograms of Norwegian brown cheese and 100 kilograms of Jarlsberg cheese. He also dismissed claims that the team brought oranges from Norway, saying players receive freshly squeezed orange juice each morning made from oranges sourced locally in the U S.

Experts said many national teams travel with their own chefs and familiar ingredients to maintain routine, minimise dietary changes and support performance. "Interpreting this practice as a lack of trust in the host nation's food system misunderstands the purpose of high-performance nutrition," said Rafaela G Feresin. Amy Goodson added: "Nutrition is a performance variable at the World Cup level... When margins are razor thin, fuel consistency becomes critical." **— AP**

From a small nation, but they pack a big punch

Cape Verde's Vozinha says team aims to be 'example for little ones'

Following their qualification for the round of 32 in the ongoing FIFA World Cup 2026, Cape Verde's 40-year-old goalkeeper Vozinha expressed pride in his team's historic performances, saying they "know how to compete", while also cherishing their next clash against Lionel Messi-led Argentina to start the knockout stage.

Three resilient draws and three points proved to be enough for Cape Verde, who finished second in their group next to Spain (seven points) as they became the smallest nation to qualify for FIFA World Cup knockouts. Vozinha, who rose to fame on the pitch and off the pitch on social media with his saves against Spain in their campaign opener, a goalless draw, was extremely ecstatic at their side's progress.

Speaking after the match, the 40-year-old said, as quoted by Goal.com, that while none of the players had imagined such a scenario, the team always believed in its quality and intent to win.

"None of us dreamed of this, but we know we have quality and, when we got to the World Cup, perhaps many thought we would not win any games. We have a great team and quality players. It is gratifying to have qualified for the next phase, and facing Argentina will be very good. It is a dream for any footballer to play against Argentina and Lionel Messi."

"We did not come here to secure a draw. We always sought to win. We knew it was not going to be easy. Saudi Arabia also has a lot of quality and is used to these kinds of matches. We tried everything to score, but we could not. Everyone saw that we had more possession, more balls, and more opportunities. We deserve congratulations," he added.

Cape Verde team members celebrate after the World Cup Group H soccer match between Cape Verde and Saudi Arabia in Houston

The goalkeeper hopes that this run in the tournament will inspire the future generation of footballers back home, noting the difficulties they all grew up with and the sacrifices made by their families.

"We are from a small country, but we know how to compete. Perhaps most people think that Cape Verdean players are not good enough, but we have shown that we have quality, we are here to compete, and we can compete in any major competition," he asserted.

"We grew up with immense difficulties, and our parents and grandparents sacrificed and taught us to value things. We have shown the resilience of the Cape Verdean people, the passion we have for our country, and also that we're here to represent not only the players, but all Cape Verdeans scattered around the world. We have big hearts, and we are fighters," he added.

Vozinha also said that the team is "here to be an example for the little ones".

"Who knows if from now on we won't have role models that children can look up to and say that one day they want to be like Stopira, Ryan Mendes or another player from the Cape Verde national team," he signed off.

Vozinha also entered an elite list in FIFA World Cup history after becoming only the third goalkeeper to register multiple clean sheets at the tournament after turning 40.

Vozinha, who has kept two clean sheets in the ongoing FIFA World Cup 2026, now joins England's Peter Shilton and Italy legend Dino Zoff in this rare statistical feat.

According to OptaJose's X handle, Peter Shilton leads the chart with three such clean sheets, while Zoff and Vozinha are tied with two each. **–ANI**

Rainbow flags everywhere

Rainbow flags fluttered among the sea of Iranian and Egyptian banners at Seattle's World Cup stadium Friday, as teams from two of the most repressive countries for lesbian, gay, bisexual and transgender people took to the field.

It was just a coincidence that the city's "Pride Match" ended up as a high-stakes matchup between Iran and Egypt — ultimately a 1-1 draw — and it came with plenty of pushback from both countries. But Seattle officials and its soccer community say the distinctive pairing was an opportunity to showcase the city's inclusivity as well as the common ground that can be found at the World Cup.

Some milled about the stadium with Pride Match scarves, while others had painted their faces with rainbows or clutched free flags handed out by a human rights organization.

Stacy Harbour, who works for an LGBTQ+ nonprofit said she's glad these two countries were the ones competing. "There are groups of folks that live here in Seattle that are of Egyptian, Iranian descent. This is their opportunity to represent their intersectional identities," she said. **–AP**

Illegal portals

The United States has seized nearly 400 internet domains that were being used to illegally stream the World Cup, officials said on Friday, describing the move as one meant to disrupt international networks profiting from the popularity of the tournament.

The U.S. Justice Department said the domains were identified with the assistance of soccer governing body FIFA and others, including NBC Universal and Warner Brothers. The domains were used to illegally offer users copyright-protected content in the form of real-time streams of the World Cup matches as they were being played and first broadcast, the department said. "These streamers not only violate copyright laws but also expose viewers to potential threats — including malware attacks and unsecure connections that can compromise personal and financial data," Eric Weindorf, a special agent, said in a statement. Servers and domains linked to the unauthorized streaming of the matches were targeted in Peru and Bulgaria, the DOJ said, adding that additional disruptions took place in Croatia, Romania, Poland and Colombia. **–Reuters**

HIGHLIGHTS

Superstar record breakers

Belgium goalkeeper Thibaut Courtois and Egypt superstar Mohamed Salah made history when they took to the field in their respective sides' final league stage FIFA World Cup matches on Saturday. Coming to the clash between Belgium and New Zealand, which the former won 5-1, Thibaut registered his 18th FIFA World Cup appearance, surpassing Enzo Scifo (17) for most appearances for Belgium at the marquee tournament, as per a post from FIFA's official handle.
Also, during Egypt's 1-1 draw against Iran, which earned them a historic round of 32 qualification, Salah made his fifth FIFA World Cup start, becoming the first Egyptian player to reach that milestone, as per Opta Analyst. **–ANI**

Iran slams US's 'terrible behaviour'

Following his side's 1-1 draw against Egypt, Iran head coach Amir Ghalenoei urged FIFA president Gianni Infantino to "stand up" to the USA, saying that their behaviour towards the Iranian team was "really terrible" and hurt them "physically and mentally". Iran needed a win to guarantee qualification from Group G, but were held by Egypt in Seattle on Friday (Local Time). The Asian side must now wait for results elsewhere to determine whether they advance as one of the tournament's best third-placed teams. **–ANI**

France and its stars on a roll

Following their win over Norway in their final league stage FIFA World Cup match, France won all three of their group stage matches in a major competition for the first time since the 1998 FIFA World Cup, while the duo of hat-trick hero Ousmane Dembele and captain Kylian Mbappe emerged as a star pairing. Dembele's historic World Cup hat-trick and Mbappe's assists were the highlights as France went on a rampage against a Haaland-less Norway, securing a 4-1 win to go into the round of 32 in style. **–ANI**

CRIME FILES

7 held for plotting revenge murder

CCB seizes cache of deadly weapons, including machetes and daggers

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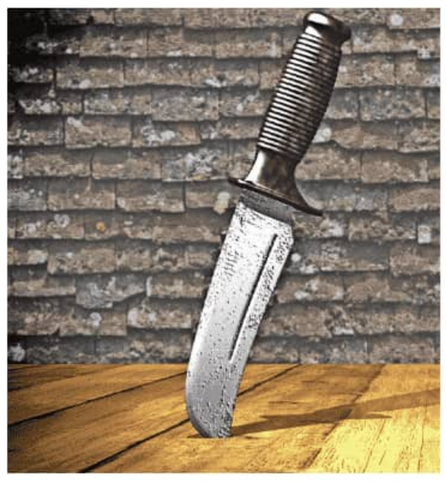
The Central Crime Branch (CCB) arrested seven persons, including two rowdy-sheeters, for allegedly conspiring to commit a revenge murder in Bengaluru. Police seized 30 deadly weapons, including longs, machetes, and daggers, along with a car and a two-wheeler from the accused.

The arrests are linked to the murder of a rowdy-sheeter attached to Ashok Nagar Police Station in February last year. Police said the man was allegedly murdered by rivals, who financed associates to eliminate him and establish dominance in the area. A murder case had been registered at Ashok Nagar Police Station.

Seeking revenge, the deceased rowdy-sheeter's brother, along with his associates, allegedly plotted to kill the person responsible for the murder. Acting on credible intelligence on Friday, the CCB intercepted the accused while they were waiting to execute the plan. Further investigation is underway.



House owners booked for failing to register foreign guests

Criminal cases have been registered against seven house owners in Bengaluru for failing to submit Form C, a mandatory foreigner registration form required for all foreign nationals staying in India. Under the Immigration and Foreigners Act, 2025, accommodation providers including hotels, lodges, guest houses, homestays, hospitals, and private house owners must submit details of foreign guests to the FRRO/FRO within 24 hours of their arrival.

Police registered four cases under Banaswadi Police Station limits, one under JB Nagar Police Station, and two under Pulikeshinagar Police Station.

Officials said failure to submit Form C is a serious legal offence and may attract imprisonment, fines, or both upon conviction. Administrative action, including suspension or cancellation of licences of establishments, may also follow. Authorities have urged all accommodation providers and house owners to strictly comply with Form C regulations.

₹2.98 crore in cash seized from shed; IT Dept begins probe

The seizure of ₹2.98 crore in cash, allegedly stored without supporting documents in a shed in Kurubarahalli Industrial Area, has recently come to light. The cash was seized by the Bengaluru City Police under the jurisdiction of Mahalaxmi Layout Police Station.

According to police, Sub-Inspector Rakesh D of Mahalaxmipuram Police Station filed the complaint following a patrol on June 2. Around 7.50 pm, Rakesh, along with Head Constable Jayanna HV and Assistant Sub-Inspector Anand M, was patrolling 15th Main Road in Kurubarahalli when they received a tip-off from an informant.

The informant reported that a cement-sheet factory shed belonging to Seshadri Industries, located at No. 11, 15th Main Road, 11th Cross Road, JC Nagar, Kurubarahalli, contained crores of rupees suspected to be stolen or obtained through fraudulent means. Acting swiftly, the police team reached the location at around 8.40 pm and discreetly verified the information. After confirming suspicious activity, ASI Anand was instructed to maintain secret surveillance over the premises while the others returned to the station. After obtaining permission from the city's 3rd MMTC Court, a case was registered under Section 98 of the KP Act

During the investigation, police questioned Nagaraj, a resident of Tavarekere, and Venkatesh, the owner of the shed where the cash was found. According to police, Nagaraj had sold his property in Chitradurga and brought the cash to Bengaluru, allegedly to clear a bank loan. He stored the money in a shed belonging to his friend Venkatesh. Based on his statement and preliminary verification, the cash was later returned to the legal heirs, police said.

Police have written to the Income Tax Department for further investigation. The two accused have secured bail, while officials continue probing the source of the cash.

Couple loses ₹99,666 in online guest house booking fraud

A couple visiting Bengaluru fell victim to an online booking scam and lost ₹99,666 while trying to reserve a room at Kumarakrupa Guest House.

According to the FIR, the complainant BS Kadakabhavi and his wife searched for Kumara Krupa Guest House on Google to make an online booking. While browsing, they clicked on a website menu and then selected a WhatsApp icon, through which they were connected to a mobile number.

The person on the other end claimed to handle room reservations for the guest house and shared booking details via WhatsApp. The accused then sent QR code scanners and instructed the couple to make payments, assuring them that the room would be confirmed immediately after the transactions were completed.

Trusting the information, the complainant's wife transferred several amounts from her SBI account on June 23. The payments included multiple transactions and in total, ₹99,666 was transferred to the fraudster's account.

The couple later realised that no booking had been confirmed and that they had been cheated. A complaint has been filed at Cyber crime police station, and police have launched an investigation to trace the accused and recover the money.

Breeding centre could have been safety net for birds

CONTINUED FROM PAGE 1

were required to be transferred to a brooder unit, where they were to be incubated under controlled temperature conditions. Once hatched, the chicks were reared at the centre until they were fit for release into the wild.

"India has at least four vulture species that are critically endangered. The breeding centre would have acted as a safety net before captive-bred vultures could have been released into the wild. This is a major setback to the vulture conservation program. This is especially disheartening given that the centre was already constructed," said a wildlife conservationist.

The vulture conservation breeding centre at Bannerghatta Biological Park (BBP) is part of the Centre's Action Plan for Vulture Conservation in India (2020–2025), launched to arrest the steep decline in vulture population. The plan included the establishment of at least one vulture conservation hub in every state, with Karnataka's facility at BBP.

However, the facility, built for Rs 2 crore, has faced repeated delays since construction began in September 2021. Initially scheduled for completion by May 2022, the project missed multiple deadlines before the infrastructure was finally completed in early 2023.

Regulatory hurdles further contributed to this delay.

Amendments to the Wildlife (Protection) Act, which came into effect in April 2023, expanded the definition of zoos, bringing the breeding centre under the jurisdiction of the Central Zoo Authority (CZA). As a result, KFD had to await statutory clearances before the project could proceed.

The project appeared to be gaining momentum earlier this year when the Karnataka Forest Department received permission from the Supreme Court to move forward. KFD has maintained all along that CZA's technical committee had granted verbal approval to the project last year, although formal written clearance was never issued, contributing to the prolonged delay.

Work pressure: Crime, emergencies, public anger, long working hours

CONTINUED FROM PAGE 1

Karnataka State Police Complaint Authority has urged the State Police Department to deploy full-time psychiatric social workers in every district police unit for continuous mental health support.

According to the Karnataka State Police Complaint Authority, existing counselling initiatives in Bengaluru and other parts of the state are largely conducted as stress-management workshops or awareness campaigns, which fail to provide sustained support. Officials noted that while such workshops may offer temporary relief, police personnel often return to the same demanding work environment immediately after the sessions. "Long working hours, exposure to violent crime scenes, public complaints, emergencies, and political or social pressures continue to take a severe toll on their psychological well-being," Karnataka State Police Complaint Authority official Mohan Kumar Danappa explained.

Danappa said that currently, mental health awareness programmes and counselling sessions are being conducted for police personnel. "However, their effectiveness remains limited. The existing support system is not adequately addressing the mental health challenges faced by officers. Police personnel work under immense pressure every day, dealing with crime, emergencies, public anger, and long working hours. Without proper mental health support, this stress often spills into their personal lives, leading to family conflicts, burnout, health issues, and in extreme cases, suicide. Regular counselling is essential to help them cope and serve society effectively," he said.

"Two days ago a police personnel died due to a heart attack in Raichur, and today another cop has also passed away. Every now and then, one officer or another is losing their life due to stress-related health issues, while many others are dying by suicide. If there is a mental health support at every district within the police force, it could help them," Danappa added.

Earlier this month, Danappa had written to the Director General and Inspector General of Police (DGP & IGP), about the urgent need for permanent, full-time mental health professionals within the police force. The proposal stresses that while the department has been giving considerable attention to physical health of police personnel, there remains a shortage of qualified professional resources to provide psychological and mental health support.

The proposal referred to findings from leading mental health institutions, including the National Institute of Mental Health and Neurosciences, and other research organisations, which have highlighted the growing importance of mental well-being among police personnel due to the highly stressful and demanding nature of their work.

According to the letter, appointing professional psychiatric social workers could help personnel manage occupational stress more effectively, improve overall well-being, reduce healthcare expenses, and minimise manpower loss caused by mental health-related issues.The recommendation seeks the deployment of such professionals across district police offices, commissionerates, armed police units, training institutions, and other police establishments in Karnataka. The proposal has also received support from the State Committee of the Police Welfare Association in Bengaluru and is currently under consideration by the competent authorities.

Joint Commissioner (Administration) Kuldeep Jain explained, "We have psychiatrists trained in collaboration with the NIMHANS to conduct weekly awareness sessions. Five teams across different divisions plan and hold these sessions for police personnel. Contact numbers have also been shared with staff so that anyone experiencing distress can reach out for immediate support. This initiative has been progressing well, and many personnel are benefiting from it. I believe similar support systems are also available in police stations across other districts."

Dr. Dinesh Rao, forensic pathologist and professor, spoke about the need for a dedicated mental health policy for police personnel. "Mental health is a genuine concern within the police force. Appointing psychiatrists at the district level would be a significant step, but just as physical health check-ups are mandatory, mental health assessments should also be made compulsory. Monthly evaluations for all police personnel by qualified psychiatrists can help identify stress, anxiety, and other psychological issues at an early stage, enabling timely treatment and support."

HEALTH TIP: Setting a firm screen cutoff gives your mind a break, lowers mental stress, and makes it easier to fall asleep

Eating oats as a meal can help reduce overall calorie intake and support weight loss

BangaloreMirror | 13
Sunday, June 28, 2026
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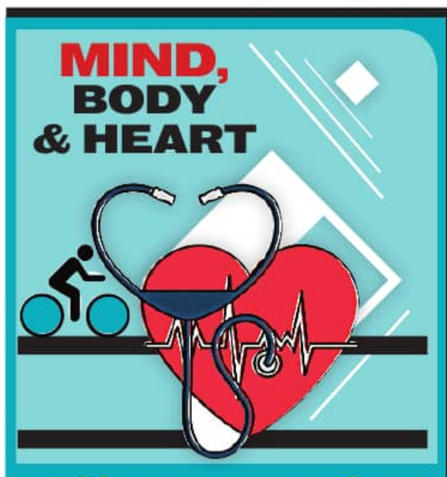


All you need to know about...

Pool fitness

Not just swimming
Don't limit your time in the pool to only swimming. Here are five fun activities to make the most of your time in the pool and also stay fit!

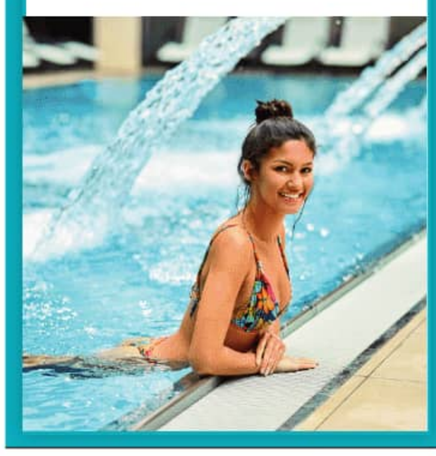
Aqua zumba
This version of zumba is a fun way to get fit while dancing in the pool. The choreography combines stretching and steps to tone your body. Aqua zumba is much safer than regular zumba.

Water aerobics
Water aerobics is a cardio exercise that has greater potential for muscle toning and a lesser risk of muscular strain or injury. If regular aerobics puts stress on your joints, water aerobics is the solution.

Yoga
People of all fitness and flexibility levels can enjoy the benefits of aqua yoga. Unlike regular yoga, there is no pressure on the body because of standing asanas, which makes water yoga a great option for those with injury or illness.

Pilates
Water Pilates is a great way to develop your core fitness and posture. It is sustainable for those with arthritis. It is possible to do this exercise with a floatation device as well.

Aqua Walk/Jog
You can walk or jog in whatever depth of water you are comfortable with. It is easy on your knees and hips and helps develop your running posture and build up stamina. Many athletes use this form of exercise post injury, to maintain their fitness levels. —**Femina**



WHEN PARIS MEETS BANGALORE

Take your taste buds on an incredible journey

DHARWAD PEDA PARIS-BREST

INGREDIENTS
MINI CHOUX RING
- Water- 6gm
- Milk- 6gm
- Butter- 5gm
- Sugar- 0.5gm
- Salt- 0.2gm
- Bread flour- 7gm
- Egg- 10gm

DHARWAD PEDA MOUSSELINE
- Dharwad peda- 5gm
- Pastry cream- 3gm
- Dark chocolate- 2gm
- Unsalted butter- 2gm

GARNISH
- Roasted almond crumb- 1gm

METHOD
MINI CHOUX RING
- Boil the liquid in a saucepan combine the water, milk, butter, salt and sugar.
- Add the flour, remove the pan from heat and stir quickly.
- Cook the panade until the dough forms a smooth ball.
- Transfer the dough to a mixer bowl.
- Add the egg gradually.
- Cool completely and bake at 170-175.c for 15-20 minutes.

DHARWAD PEDA MOUSSELINE
- Beat the softened butter until light and fluffy.
- Mix the dharwad peda into the cream.
- Whip until light, smooth pipeable.
- Add melted chocolate.
- Chill for 15-20 minutes before filling.

GARNISH
- Roast the almond until golden.
- Put into the food processor until you get a coarse crumb.

ASPARAGUS & COCONUT HOLLANDAISE

INGREDIENTS
- Green Asparagus- 800gm
- Olive Oil- 20ml
- Sea Salt- 4gm
- Lemon Zest- 2gm
- Coconut Hollandaise Espuma
- Coconut Milk (Full Fat)- 200ml
- Egg Yolks- 80gm
- Lemon Juice- 20ml
- White Wine Vinegar- 10ml
- Salt- 2gm
- White Pepper- 1gm
- Coconut Oil (Melted)- 40ml
- Water- 50ml
- Sunflower Lecithin- 2gm
- Hazelnut Crumble
- Toasted Hazelnuts- 80gm
- Panko Breadcrumbs- 40gm
- Olive Oil- 10ml
- Sea Salt- 1gm

METHOD
- Trim woody ends of asparagus.
- Cut into 3–4 cm lengths, keeping tips intact.
- Heat olive oil in a sauté pan.
- Season asparagus with salt and lemon zest.
- Sauté over high heat for 2–3 minutes until tender-crisp and vibrant green.
- Reserve warm.

Coconut Hollandaise Espuma
- Combine egg yolks, lemon juice, vinegar, salt, and white pepper in a bowl.
- Cook over a bain-marie while whisking continuously until thickened.
- Slowly emulsify with melted coconut oil.
- Add coconut milk and water; blend until smooth.
- Strain through a fine chinois.
- Add lecithin and blend again.
- Transfer to an ISI siphon, charge with 1 N O cartridge.

Hazelnut Crumble
- Toast hazelnuts until golden and roughly chop.
- Heat olive oil in a pan.
- Add panko and hazelnuts.
- Cook until golden and crisp.
- Season with sea salt and cool.

Plating
- Arrange sautéed asparagus neatly on the plate.
- ispense warm coconut hollandaise espuma over and around the asparagus.
- Finish with hazelnut crumble.
- Garnish with micro herbs and lemon zest.

CHICKEN BALLOTINE WITH COORG SPICE DUXELLES

INGREDIENTS
For the Chicken Ballotine
- Chicken Leg - 1 piece- 4No. (180Gm Each)
- Salt- 160 g
- Black pepper- 32 g
- Olive oil- 48 g

For Coorg Spice Duxelles
- Button mushrooms, finely chopped- 300gm
- Shallots, finely chopped - 80 gm
- Garlic, minced- 15gm
- Butter- 30gm
- Coorg spice powder- 4g

For Coorg Spice Mix
- Black peppercorns- 10 g
- Cumin seeds- 5gm
- Coriander seeds- 8 g
- Dry red chilies- 4 no.
- Black pepper- 40 g
- Cloves- 4No.
- Cinnamon- 1 stick

For Potato Fondant
- Large potatoes- 4 no.
- Butter- 40gm
- Garlic- 4 clove
- Thyme- 10gm
- Salt- 4gm

For Poultry Jus
- Chicken bones- 500gm
- Onion- 100gm
- Carrot- 80gm
- Celery- 5gm
- Tomato paste- 20gm
- Chicken stock- 1 lit

METHOD
Prepare the Duxelles
- Heat butter in a pan.
- Sauté shallots and garlic until translucent.
- Add chopped mushrooms and cook until moisture evaporates.
- Add Coorg spice powder, thyme, salt, and pepper.
- Cook for 2 minutes.
- Cool completely.

Prepare the Chicken Ballotine
- Butterfly and flatten each chicken leg between cling film.
- Season with salt and pepper.
- Spread approximately 75 g duxelles on each breast.
- Roll tightly into a cylinder using cling film.
- Tie ends securely.
- Poach at 68°C for 35–40 minutes or steam gently until the internal temperature reaches 74°C.
- Remove cling film and sear lightly in olive oil before serving.

Potato Fondant
- Cut potatoes into neat cylinders
- Sear both sides in butter until golden.
- Add stock, garlic, thyme, and salt.
- Cover and cook until tender and glazed (about 25 minutes).

Poultry Jus
- Roast chicken bones at 200°C until dark golden.
- Add vegetables and roast further.
- Transfer to a pot, add tomato paste and wine.
- Reduce by half.
- Add stock and simmer for 1½ hours.
- Strain and reduce to sauce consistency.
- Finish with cold butter.

Recipe by Owaize Ahmed Khan, Executive Chef, Hilton & Hilton Garden Inn Bengaluru Embassy Manyata Business Park

mybangaloremirror@timesofindia.com
facebook.com/theBangaloremirror
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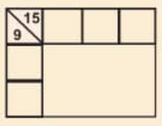
SOLVE IT IN A MINUTE

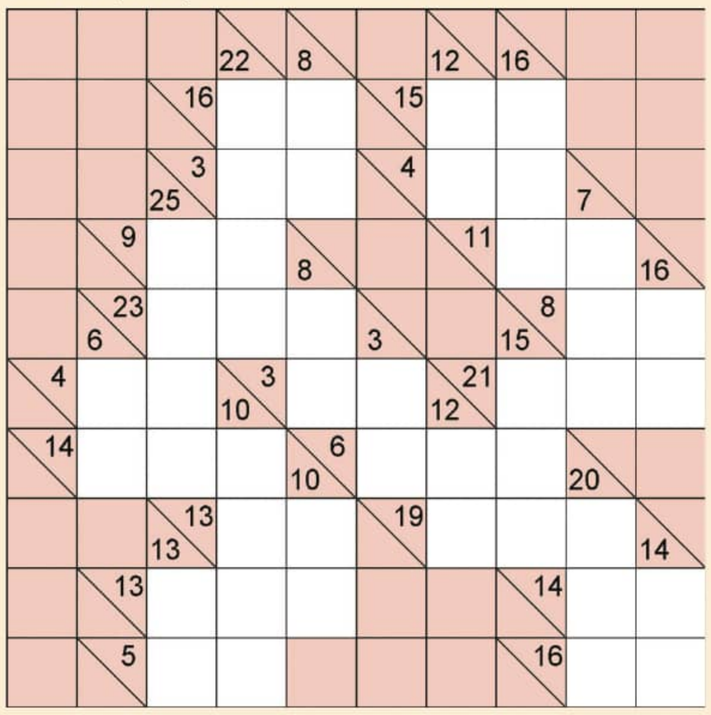
A man starts walking towards a wall that is 80 feet in front of him. His speed is 4 ft/sec. If a segment is considered to be 1/2 the remaining distance, how many segments will he travel until he is less than 1 inch from the wall?

Kakuro

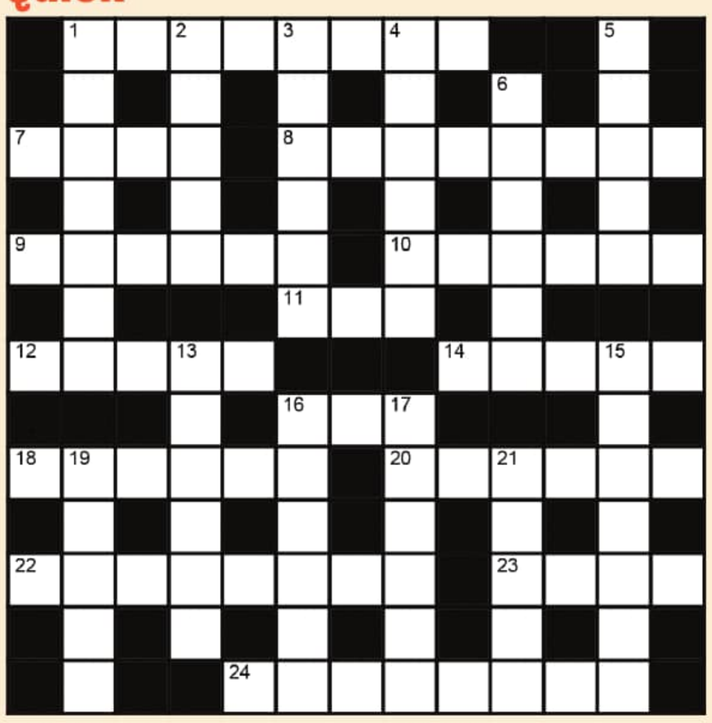
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Informed more comprehensively or acted as a substitute? (6,2)
7 Uterus (4)
8 The bus station named after Kempe Gowda is more commonly known by this name (8)
9 Horrified or dismayed (6)
10 Talked volubly (6)
11 Girl's pronoun (3)
12 Take child as one's own (5)
14 A pig's nose (5)
16 Tea (3)
18 Sicilian spouter (2,4)
20 Feeble-minded senility? (6)
22 Suave and refined (8)
23 Zenith (4)
24 General slaughter (8)

DOWN

1 Whipped (7)
2 Tripoli is its capital (5)
3 Ants, old style (6)
4 Hurt (6)
5 Pigs (5)
6 Last Grand Slam tournament of the calendar year (2,4)
13 Sponsor or supporter (6)
15 Raise status (7)
16 Ottawa locale (6)
17 Loves or reveres greatly (6)
19 Adolescents (5)
21 Subject (5)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: M EQUALS C

LJFOF ZOF LDX SBPAE XG DXOOBFE–LJXEF VXY MZP AX EXIFLJBPH ZQXYL ZPA LJXEF VXY MZP'L. AXP'L ETFPA ZPV LBIF XP LJF WZLLFO.

Line maro

Your beauty made me shake like jelly when I saw you

Mindchow

We cannot live only for ourselves. A thousand fibers connect us with our fellow men; and among those fibers, as sympathetic threads, our actions run as courses, and they come back to us as effects

Joke of the day

The smallest interval of time known to man is that which occurs in Bengaluru between the traffic signal turning green and the cab driver behind you blowing his horn

Loop

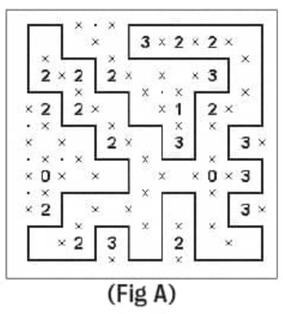
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

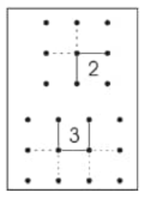
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

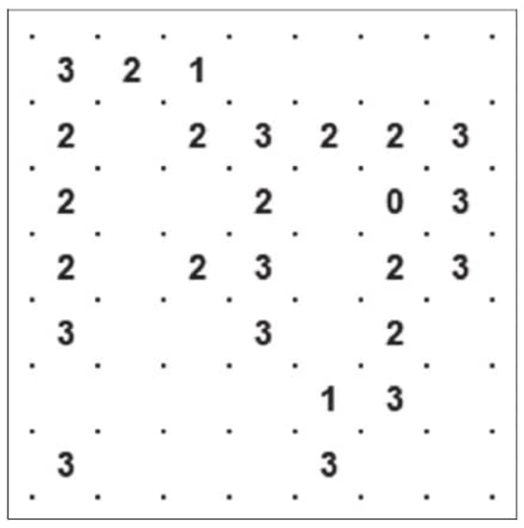
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



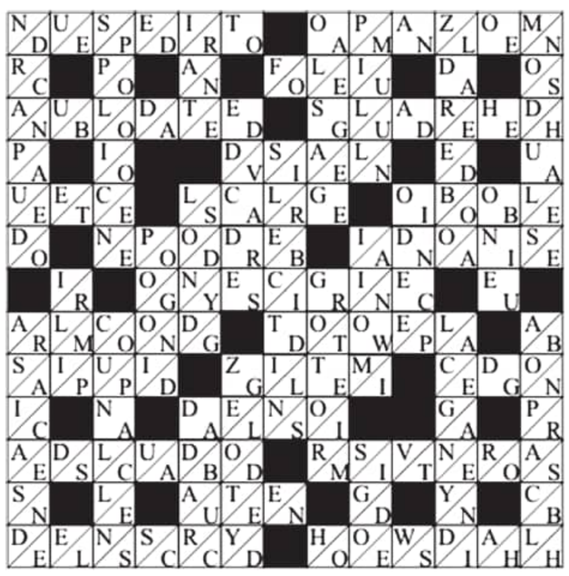
(Fig A)



(Fig B) Not Allowed



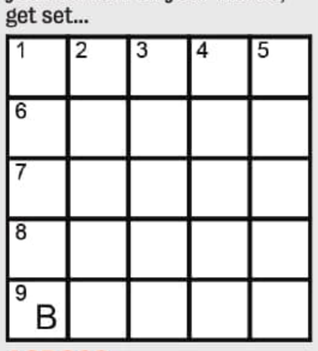
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

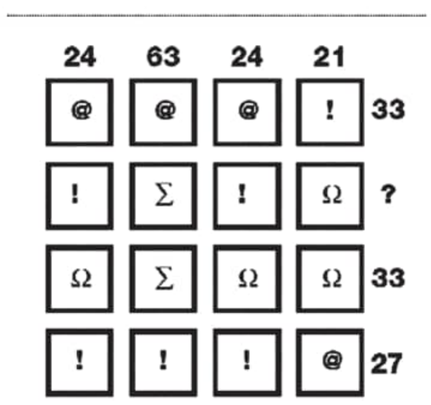
1 Carbs; 6 Do roe; 7 Lou in; 8 Me erg; 9 No bed

DOWN

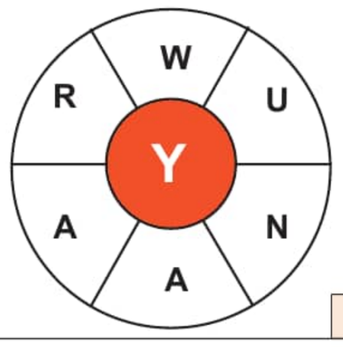
1 Mr Cub; 2 One or; 3 Radon; 4 Big EE; 5 Lodes

Mensapuzzle

Find the missing value.



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

06 Average; **07** Good; **09** Outstanding

SudokuChallenge

1	8		6					3
					9	1	4	
5		4					7	
				5	4			7
	5		8		7		1	
7			3	9				
	3					4		1
	6	2	4					
4					8		5	2

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 13
5 5 5 8

Medium = 14
3 5 5 6

Hard = 3
5 7 8 9

Hocusfocus

Find at least six differences in details between panels.

Differences: 1. Hole in fence is lower. 2. Cloud is moved. 3. Board in fence is shorter. 4. Sneaker is different. 5. Arm is moved. 6. Bottom of shirt is different.

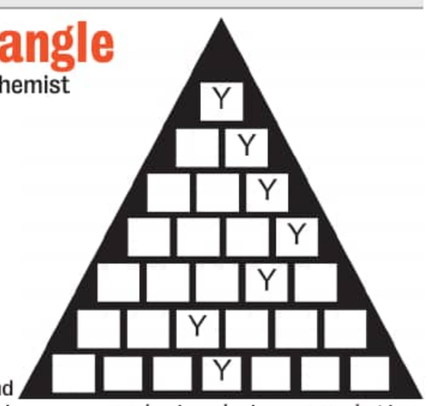
Riddler

Each sentence below contains a word that can be anagrammed to answer or describe the sentence. Example: Craft that might tip in the ocean. Answer: Canoe (Anagram of ocean)

1. They affix without paste 2. Having less reason for fears 3. Animal that may need a shoer

Alpha triangle

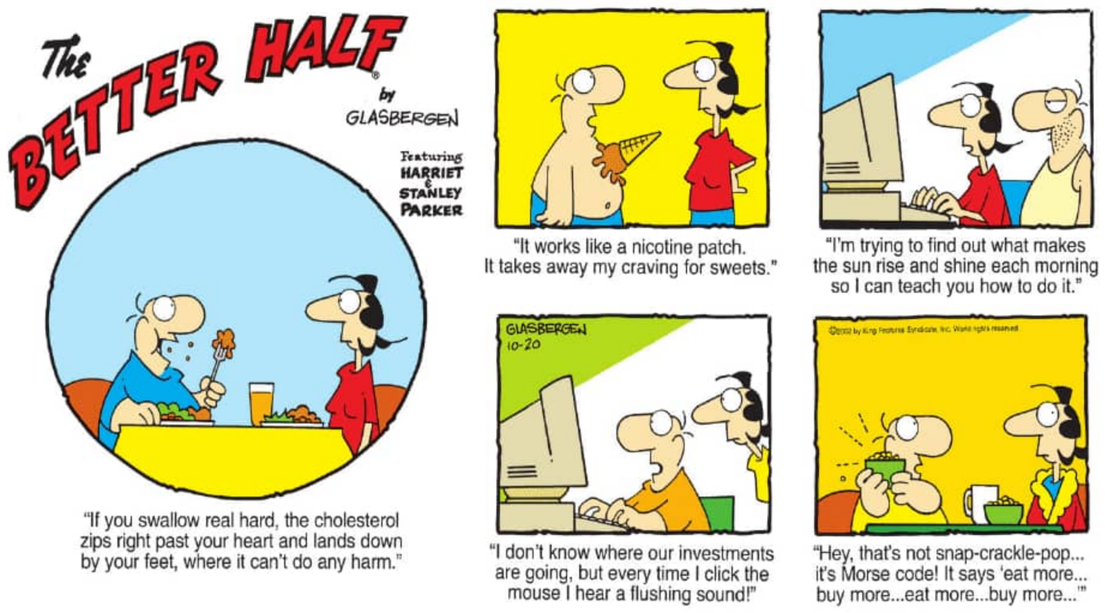
1 Yttrium for the chemist
2 Paraguay abbr
3 Be nosy
4 Lively and quick
5 Is a menace to
6 Remunerators
7 Entreaties

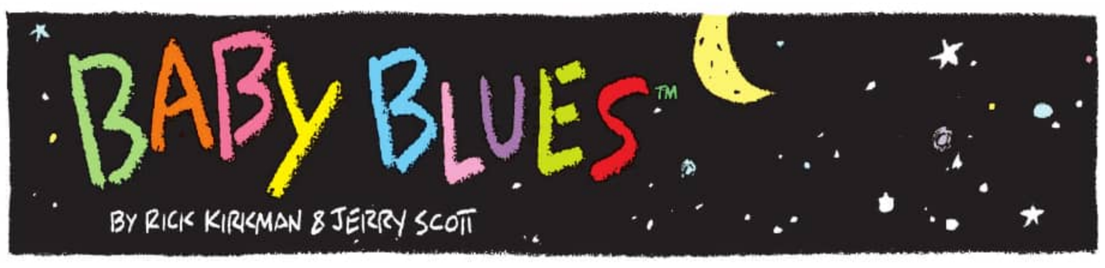


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

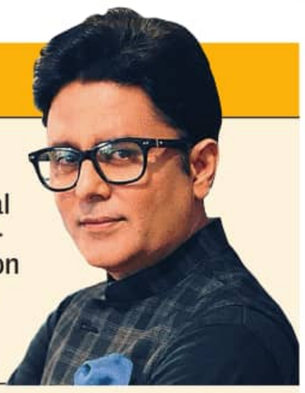

The BETTER HALF
by GLASBERGEN
Featuring HARRIET & STANLEY PARKER
"If you swallow real hard, the cholesterol zips right past your heart and lands down by your feet, where it can't do any harm."
"It works like a nicotine patch. It takes away my craving for sweets."
"I'm trying to find out what makes the sun rise and shine each morning so I can teach you how to do it."
GLASBERGEN 10-20
"I don't know where our investments are going, but every time I click the mouse I hear a flushing sound!"
"Hey, that's not snap-crackle-pop... it's Morse code! It says 'eat more... buy more...eat more...buy more...'"



THE HOUSES IN THIS MAGAZINE ARE STUNNING!
EVERY ROOM IS SO PERFECTLY PUT TOGETHER.
THE FURNITURE, THE WALL COLORS, THE CARPETS... EVERYTHING IS GORGEOUS.
Better HOMES Than Yours
YOU DON'T SEE ANY KIDS, THOUGH.
STARTING TO CONNECT THE DOTS?
I'M FLASH GORDON
AND WHENEVER THINGS GO WRONG, I GET SORT OF CALM.
SO WHEN THE PLANE WENT DOWN, I DIDN'T THINK -- I JUST GRABBED A PARACHUTE AND THE NEAREST PERSON TO ME AND I JUMPED.
IT WASN'T UNTIL WE LANDED THAT I REALLY LOOKED AT HER, KEEPING IT TOGETHER EVEN THOUGH SHE WAS SCARED OUT OF HER MIND.
HER NAME WAS DALE.
VULTAN'S DAUGHTER ADRANE FLIES ME UP TO THE ROYAL AERIE. I'M SET TO FACE HER DAD...
...SO IMAGINE HOW GLAD I AM TO SEE ZARKOV INSTEAD!
THEN WE BOTH SEE HER -- DALE!
COMPLETELY HEALED BY SKY CITY MEDICINE.
TEAM EARTH!
THAT WOULD BE WHEN VULTAN SHOWS UP.
HE APOLOGIZES FOR WHAT WE'VE BEEN THROUGH LATELY.
'CAUSE A LOT OF IT'S BEEN DOWN TO THIS PLAN OF HIS.
HE'S COERCING ZARKOV INTO RECREATING THE MACHINE MING USED TO ATTACK THE EARTH.
A WMD TO END THEM ALL.
HE SAYS THAT IF SKY CITY HOLDS ALL THE CARDS, MONGO WILL FINALLY HAVE A PEACE THAT CAN LAST.
AND YOU KNOW WHAT? I TRULY BELIEVE HE BELIEVES THAT.
BUT HE'S PUTTING TOGETHER THE SAME EMPIRE WE JUST TOOK APART, AND HE'S MAKING US HELP.
WE HAVE TO GET OUT OF HERE.
NEXT: FROM CAVE TO CLOUD

WRITTEN IN THE STARS

DR SUNDEEP KOCHAR



If it's your birthday today

A quiet, reflective mood guides you to reassess your personal and professional boundaries. At work, subtle behind-the-scenes efforts will bring greater long-term success than overt corporate politicking. Financially, focus on automation to make saving effortless. Romance is deeply intuitive, requiring few words to convey profound love. Gentle swimming or yoga will beautifully restore your physical body.

Aries Mar 21 – Apr 20
Helping others today shifts your energy positively while bringing emotional balance and meaningful fulfillment naturally. Supporting friends, offering kindness, or contributing generously strengthens relationships beautifully while improving your mindset, confidence, and personal happiness steadily.

Taurus Apr 21 – May 20
Overthinking unnecessary worries prevents you from appreciating the positive progress already surrounding your life today. Choosing optimism and gratitude instead helps restore emotional clarity, confidence, inner peace, and stronger belief in yourself naturally now.

Gemini May 21 – Jun 21
Your partner deserves extra appreciation and attention today after constantly supporting you emotionally. Planning something thoughtful strengthens your relationship beautifully while reminding them how deeply valued, loved, cherished, and important they remain always.

Cancer Jun 22 – July 23
Someone from your past may attempt reconnecting with you today, though practical thinking remains extremely important. Carefully balancing emotions with reality helps protect your heart while encouraging wiser romantic and emotional decisions moving forward.

Leo Jul 24 – Aug 23
Your confidence and leadership naturally attract admiration today, though balancing strength with gentleness remains especially important. Staying open-minded while expressing yourself authentically helps relationships flourish without creating future misunderstandings or unnecessary emotional tension later.

Virgo Aug 24 – Sep 23
Romantic situations may feel emotionally unbalanced today, making work and personal ambitions better priorities currently. Protecting your energy from unhealthy distractions helps maintain clarity, confidence, productivity, and emotional wellbeing while avoiding unnecessary complications altogether.

Libra Sep 24 – Oct 22
Avoid wasting valuable time today on distractions lacking purpose or importance completely. Prioritising responsibilities carefully supports productivity beautifully while lighter meals, seasonal foods, and healthier choices help maintain physical balance and emotional wellbeing naturally.

Scorpio Oct 23 – Nov 22
Relaxation ends today as motivation and ambition return strongly into your professional life once again. Refocusing on previous goals helps restore direction, confidence, productivity, and meaningful progress toward long-term career success and personal fulfillment naturally.

Sagittarius Nov 23 – Dec 22
Unexpected work responsibilities may interrupt your personal plans today, though additional effort brings rewarding recognition later. Staying focused and dedicated helps attract promotions, financial growth, appreciation, and exciting professional opportunities supporting your ambitions beautifully.

Capricorn Dec 23 – Jan 20
Stress and overthinking may cloud your perspective today, making relaxation and positivity especially necessary. Trusting situations to unfold naturally helps restore emotional balance, protect your wellbeing, and encourage calmer, healthier thinking through challenges peacefully today.

Aquarius Jan 21 – Feb 19
Opening up emotionally today strengthens important relationships while bringing comfort, support, and valuable guidance naturally. Sharing your struggles honestly allows trusted loved ones to help ease burdens while offering perspective and emotional reassurance beautifully.

Pisces Feb 20 – Mar 20
Appreciating small victories and meaningful moments today helps shift your mindset toward gratitude beautifully. Slowing down, breathing deeply, and recognizing personal growth restores emotional balance while reminding you how far you've already progressed naturally.

www.sundeepkochar.com

KIDZONE

Advaith, Bengaluru

Diya, Bengaluru

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
1st segment
480inches(Half of 960)
2nd 240
3rd 120
4th. 60
5th. 30
6th. 15
7th. 7.5
8th 3.75
9th. 1.875
10th 0.9375
So,in the tenth segment he will be at a distance of less than one inch from the wall

FAST FIVE

C	R	A	B	S
R	O	D	E	O
U	N	O	I	L
M	E	R	G	E
B	O	N	E	D

BULL'S EYE
away, awry, nary, RUNAWAY, runway, unwary, wary, yarn, yawn

STRIKE OUT

T	E	M	P	O		G	E	M	M	U	L	E		
	E	R	A		P	O	I		M					
R		E	I	N	K	O	R	N		E				
U		E	I	N	E	S	I	N	E	R				
T	I	P	P	E	T		S	E	I	N	E	R		
H		E		N	A	B		O			A			
	S	T	E	T		L		U	N	T	I	L		
A		E		A	M	A	I	N		E		D		
S	U	R	A	L		D		C	O	H	O		E	
T			C		E	L	I			E			E	
R	E	L	U	M	E		O	F	F	E	N	D		
I		M	A	T	A	D	O	R			G			
E	M	I	N	E	N	T		M	E	A	L	S		

QUICK

												S		
				M	A	S	S	A	C	R	E			
		S												
		N		N		D		E		I		D		
D	E	B	O	N	A	I	R		P	E	A	K		
		E		R		N		O		O		R		
M	T	E	T	N	A		D	O	T	A	G	E		
				A		C	H	A			P			
A	D	O	P	T				S	N	O	U	T		
		E				S	H	E						
A	G	H	A	S	T		R	A	P	P	E	D		
		G		Y		E		U		O		N		
W	O	M	B		M	A	J	E	S	T	I	C		
		L		I		M		N		U		W		
F	I	L	L	E	D	I	N					S		

STRIKE OUT

T	E	M	P	O		G	E	M	M	U	L	E		
	E	R	A		P	O	I		M					
R		E	I	N	K	O	R	N		E				
U		E	I	N	E	S	I	N	E	R				
T	I	P	P	E	T		S	E	I	N	E	R		
H		E		N	A	B		O			A			
	S	T	E	T		L		U	N	T	I	L		
A		E		A	M	A	I	N		E		D		
S	U	R	A	L		D		C	O	H	O		E	
T			C		E	L	I			E			E	
R	E	L	U	M	E		O	F	F	E	N	D		
I		M	A	T	A	D	O	R			G			
E	M	I	N	E	N	T		M	E	A	L	S		

MENSA PUZZLE
1. Tapes, 2. Safer, 3. Horse

RIDDLER
There are two kinds of worries – those you can do something about and those you can't. Don't spend any time on the latter.

QUOTE UNCODE

A	D	O	P	T		S	N	O	U	T				
		E				S	H	E						
A	G	H	A	S	T		R	A	P	P	E	D		
		G		Y		E		U		O		N		
W	O	M	B		M	A	J	E	S	T	I	C		
		L		I		M		N		U		W		
F	I	L	L	E	D	I	N					S		

SUDOKU

1	8	7	6	4	2	5	9	3
6	2	3	5	7	9	1	4	8
5	9	4	1	8	3	2	7	6
3	1	8	2	5	4	9	6	7
2	5	9	8	6	7	3	1	4
7	4	6	3	9	1	8	2	5
9	3	5	7	2	6	4	8	1
8	6	2	4	1	5	7	3	9
4	7	1	9	3	8	6	5	2

ALPHA TRIANGLE
Y, Py, PYy, Sprys, Preys, Payers, Prayers.

GO FIGURE
Easy
8 – 5 + 5 + 5 = 13
Medium
5 x 3 – 6 + 5 = 14
Hard
7 – 5 + 9 – 8 = 3

LOOP

KAKURO

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 # Jagger interested in biopic
English rock band Rolling Stones frontman Mick Jagger says the idea of a biopic on the band "interests" him, but a challenge would be deciding which chapter of the band's decades-long journey to focus on

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Into the gangland of the 1980s

Director KM Chaitanya, who earned fame for Aa Dinagalu, has selected a similar subject for his latest movie – Balaramana Dinagalu. Chaitanya takes the audiences right into the underworld activities that took place in Bengaluru during the 1980s. He succeeds in introducing characters that made businessmen dread, but he has modified the names. He also emphasises that all the characters are fictitious and have no resemblance to anyone. However, it is obvious that the movie is based on those who ruled the underworld during the 1980s and how they ruined their lives aided by gang wars, police crackdowns, and corrupt politicians.

BALARAMANA DINAGALU
3.0 RATING ★★★☆☆
- **DIRECTOR** KM Chaitanya
- **ACTORS** Vinod Prabhakar, Priya Anand, Ashish Vidyarthi, Atul Kulkarni, Ramesh Indira, Vinay Gowda
- **Duration** 151 minutes
- **Certification** U/A

The movie begins with Balarama Gowda (Vinod Prabhakar) coming to Bengaluru from Hassan looking for a job. Circumstances compel Balarama to kill Binda, the leader of miscreants. Police arrest him but Jairam (Ashish Vidyarthi), an underworld leader, helps him to get released on bail. Balarama becomes Jairam's right hand man.

Meanwhile, Katthi (Vinay Gowda), a local rowdy, wants to usurp Colonel Devaiah's (Avinash) property. Balarama falls in love with Revathi (Priya Anand), the daughter of Colonel Devaiah. You have to watch the movie to know what happens to Balarama and Revathi.

The movie has an overly large ensemble cast. Among them, Vinod Prabhakar has tried his best to showcase his acting skills in action scenes. The climax scene will be a little bit difficult to digest for his hardcore fans. Ashish Vidyarthi and Atul Kulkarni, who were part of the cast in the movie Aa Dinagalu, have provided good support. While Ashish Vidyarthi plays a don with a kind heart, Atul Kulkarni plays an intellectual. Among the actors who play the villains, Ramesh Indira is the best. Priya Anand has no scope to showcase her acting skills in this movie. Vanditha, as a guest dancer, looks beautiful.

The movie is worth a watch for those who crave action movies and stories about the underworld.

—Y Maheswara Reddy

Millie, David to reunite for new series

Hollywood actress Millie Bobby Brown is set to reunite with David Harbour in a new streaming series. The actress will star as the actor's daughter in the series.

The 22-year-old actress will take on the role of Rebecca, the estranged daughter of "disgraced FBI agent" Matt Wolfe, played by Harbour, in the as yet untitled programme, reports 'Female First UK'.

As the episodes unfold, Harbour's agent will be "forced back into the field" when Rebecca, also a FBI agent, "vanishes on a mission".

As per 'Female First UK', it won't be the first time Brown and Harbour have played father and daughter on screen, they famously became close friends playing Eleven and Jim Hopper on 'Stranger Things'. Both actors will serve as executive producers on the show, alongside Millie's husband Jake Bongiovi, and the series will be helmed by Adolescence co-creator Jack Thorne.

Millie and David, 50, were the subject of much speculation during the fifth and final season of 'Stranger Things', after reports she filed a harassment and bullying complaint against him ahead of production for season 5. He recently told Variety the report was a "weird thing" which "came out in a weird way", and added, "Straight up, Millie and I are working on several. You'll see more of me and Millie, 10 years wasn't

enough. There is a special bond there. I love her. She loves me".

David insisted it is normal to get involved in "arguments and disagreements" with colleagues who have had a close working relationship for so long. He added that they found it easy to resolve their differences once there were no other people involved. He said, "It was just a simple rupture-and-repair thing that, once we cleared everybody out of the way and talked to each other, we're fine. Everyone nowadays is very scared of talking about things. People are very scared of being human. It's unfortunate, because I don't know how to navigate this weird media world. But it was completely normal, and we adore each other and always have". **—IANS**

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